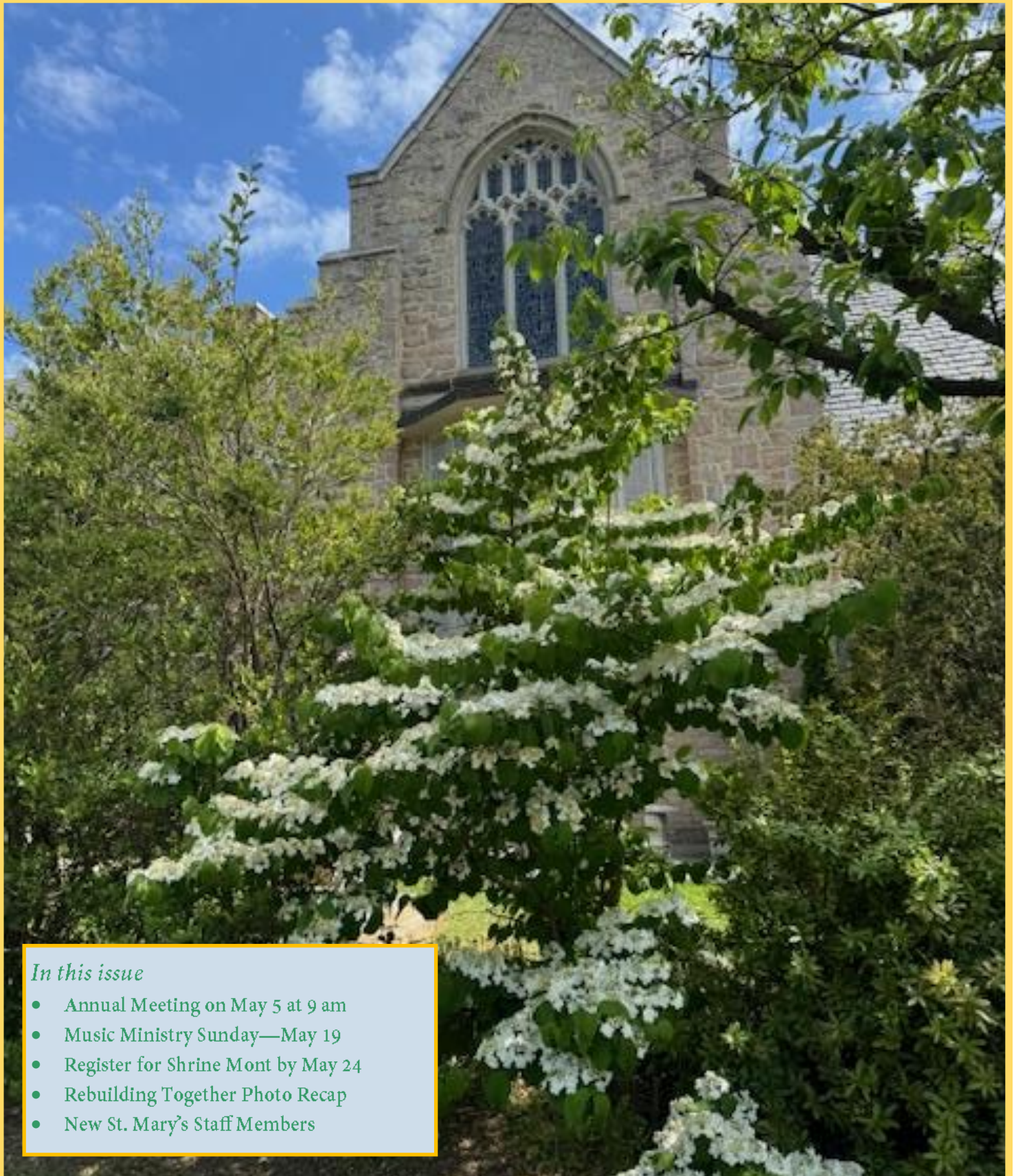


# Messenger

MAY 2024

 St. Mary's  
Arlington



## *In this issue*

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- Music Ministry Sunday—May 19
- Register for Shrine Mont by May 24
- Rebuilding Together Photo Recap
- New St. Mary's Staff Members

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*"For I know the plans I have for you," declares the Lord,  
"plans to prosper you and not to harm you,  
plans to give you hope and a future."*

*Jeremiah 29:11*



*Celebrating two long-time parishioners' lives who recently celebrated birthdays!*



*Angela Shafran  
(above)*

**Left: Angela Shafran turned 97 in April.**  
The Altar flowers were given to the Glory of God in her honor on April 28 and smelled like sweet perfume.  
**Below: Betty Ochenrider turned 103 in March.**  
She was blessed by the many cards and flowers that were sent from her St. Mary's family.



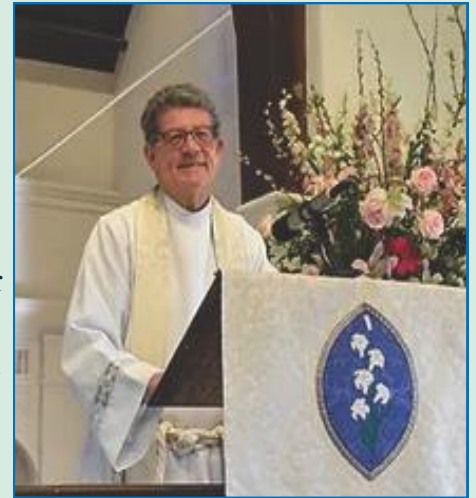
*Betty Ochenrider (above)*

# *Please Meet & Greet Our New Paid & Unpaid Servants*

Dear Friends,

As we prepare to elect a new Vestry on Sunday, May 5<sup>th</sup> at 9:00am in Paca Hall, I want to update you on other exciting developments.

The first is that we are interviewing candidates for the Assistant to the Rector position. Mike Whatley and his committee comprised of Jay Liwanag, Beverly Palmer and Becky Robinson have been hard at work reviewing resumes, listening to sermons and responding to applicants whose gifts for ministry were not a fit for us at this time. Our new Assistant will, with Rev. Janettarose and me, exercise the full range of priestly responsibilities with a special emphasis on grafting new persons into the life of the parish and helping all of us to move deeper into our Christian witness and vocation. We have every reason to believe that the right person will quickly emerge and join us in ministry in the near future.



Second, we are in the process of hiring someone to lead the music for Wilderness Church. Garadine, or “G” as she is happy to be called, is studying at Virginia Theological Seminary with her husband and has led music ministries in various parts of the country. She is a guitarist, vocalist, and plays the piano, but her “real” instrument is the tuba. Rev. Janettarose, whose responsibilities include Wilderness Church, is in the process of finalizing details with G and the leadership of Wilderness Church. We are grateful for past music leader, the Rev. Jared Moore, as he graduates from Virginia Seminary and prepares to be ordained to the priesthood and serve the church in Missouri.

Third, Derek Greten-Harrison will join us for May, June, and July on a full-time basis to assist Andrea in the administration of the parish. I am excited that Andrea will be able to devote more of her time to our ministry of communications—the website, email blasts, Tuesday Thoughts, The Messenger, etc.—but she does need help to attend to all the other aspects of our common life. This will also help us determine if additional leadership in the ministry of administration should be full or part-time. Derek will be going back to school in the fall pursuing a degree in social work. He is an accomplished singer and worked in the area of academic admissions for many years. Please welcome him to our parish.

Finally, that leads to the question of how will all of us step up best and play our part in the leadership and ministry of St. Mary’s. If you were not able to make a financial commitment in the form of a pledge in the fall stewardship campaign, or if you have joined since then, it is not too late. Everyone is responsible for the stewardship of our time, talent and treasure if we are to be a healthy witness to God’s love for the whole world.

The months of summer afford us the opportunity to take stock of our lives and God’s claim upon them. We are the flawed but mighty vessels that God has chosen to share the Good News of Jesus. Each of us has a role to play in the story of salvation.

May the Peace of the Lord always be with you.

*Faithfully,*  
*Andrew+*

# Two Dates to Note

## Music Ministry Sunday & Choral Evensong

by Dr. Gregory Hooker, Music Minister

### St. Mary's Music Fund



When our hearts are full of Easter blessings, there are many ways in which we can respond. One tangible way is to support St. Mary's Music Fund. If you would like make a gift or to respond in thanksgiving, or in memory of a loved one, you will have the opportunity to help fund the many ministries with music that St. Mary's offers to the parish and to the community. See the website for online giving or send a check to St. Mary's Episcopal Church with Music Fund in the memo.

### Choral Evensong | Sunday, May 5 at 5:00 pm

St. Mary's Choir

*A Reception follows in Paca Parish Hall.*

Come support the choir as they prepare for their Salisbury Cathedral UK residency this summer. Music from the English Cathedral Tradition by living composers Joanna Forbes L'Estrange and Howard Helvey.

**Our final Choral Evensong of the season will be Sunday, June 2.**

### Composers

**Joanna Forbes L'Estrange** is a London-based professional musician who graduated from Oxford University before joining the five-time Grammy award winning vocal group, The Swingles, as soprano and Musical Director. She is a singer, composer and choir director. Read more at [joannaforgeslestrange.com](http://joannaforgeslestrange.com).

### Howard Helvey

Mr. Helvey resides in Cincinnati, Ohio where he is active as a composer, arranger and pianist, and serves as organist and choirmaster of historic Calvary Episcopal Church. Read more at [howardhelvey.com](http://howardhelvey.com).



### Music Ministry Sunday Sunday, May 19

We will honor all St. Mary's Choirs at the 10:00 am Eucharist and will include a Ribbon Ceremony for the Boys & Girls Choir in which their musical achievements will be rewarded with Royal School of Church Music ribbons. We will also take the opportunity to pay tribute to and thank the fine musicians from St. Mary's Choirs of Men and Women, Boys & Girls, the Treble Choir and St. Mary's Schola. We are also deeply appreciative of the parental support given to younger choir members. Each of the participants in the music program has attended weekly rehearsals and contributed to the beauty and purpose of holy worship throughout the 2023-2024 season. Please say a word of thanks to choir members whose names will be listed in the Sunday service leaflet.

 **St. Mary's**  
Arlington  
Worship · Outreach · Family · Care

 **vensong**

**St. Mary's Choir will be leading Choral Evensong  
on Sun., May 5 at 5 pm**

Close your day with this short service sung by St. Mary's Choir as they prepare to be the choir in residence this summer at Salisbury Cathedral.

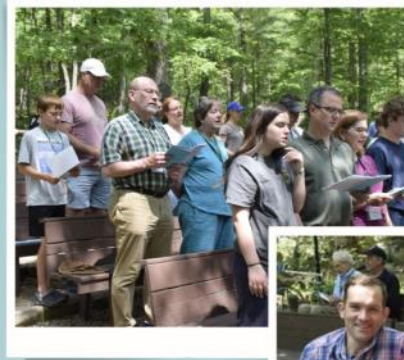
Evensong is led primarily by the choir, with opportunities for quiet prayer and reflection, as well as the singing of hymns. This beautiful service with unbroken roots in the Anglican Church will feature music by living composers, Joanna Forbes L'Estrange & Howard Helvey.

Officiated by Greg Williams, Seminarian.  
Choirmaster: Dr. Gregory Hooker  
Guest Organist: David Lang

*A reception follows in Paca Parish Hall.  
All are welcome and encouraged to bring friends.  
This is a wonderful introduction to an Anglican tradition.*

2609 N. Glebe Road Arlington, VA 22207 | [stmarysarlington.org](http://stmarysarlington.org) | 703-527-6800

# Shrine Mont Parish Weekend, June 7-9, 2024



Register on Realm today! <https://shorturl.at/nBV39>

**Shrine Mont Registration**  
remains open through May 24th but please sign up now!  
"Schedule at a Glance"



## Friday June 7

- 4pm Check In begins
- 5:30-7pm Dinner, followed by fellowship, bonfire, and youth-led compline at the Shrine

## Saturday June 8

- 8am Breakfast
- 9:15 am Children, Youth, and Adult Programs until noon
- 12:30 pm Lunch, followed by free time to swim, hike, read or rest
- 3 pm Kickball Game
- 4 pm Cornhole Tournament & front porch fellowship
- 5:30 pm Dinner followed by Evening Fellowship

## Sunday June 9

- 8am Breakfast
- 9:15 am Parish Meeting
- 11 am Holy Eucharist at the Shrine, followed by lunch and departure





# National Rebuilding Together Day 2024

Saturday, April 27th

## THANK YOU VOLUNTEERS!!!

St. Mary's thanks the St. Joseph ministry for their leadership and all the volunteers for their help. The homeowners were very grateful for all the work and transformation. There were close to 50 volunteers throughout the day and 36 at Noon for Holy Communion  
*-J. Shafran*





# Meet your Vestry Candidates



## Patty Balestrieri

My name is Patty Balestrieri and I am both honored and pleased to be on the ballot to be a Vestry member of St. Mary's. I am a cradle Episcopalian having been raised in a very small parish, St. James Episcopal Church, in Payette, Idaho. My faith journey was started in that small parish, for which I am grateful. I have been coming to St. Mary's for 29 years. My two daughters, Kathleen and Clara, were raised at St. Mary's, having sung in the Children's Choir, and served as Acolytes. I have served on the Altar Guild and Outreach Committee for several years. I also served on the Vestry from 2015-2018. From the Baptismal Liturgy, the statement "Will you strive for justice and peace among all people, and respect the dignity of every human being?" is something we should all strive for. I

would love to see more parishioner and youth involvement in our Outreach ministries (local, state, national and international.) In a world where statistics show a decreased number of folks being involved in organized religion, and a nation and world in turmoil, St. Mary's offers a faith home where we can turn to God, enjoy fellowship, be welcoming to others, and help those in need. I am an RN and have been at Fairfax Hospital for 30 years, working in the Main PreOp/PACU unit. St. Mary's has given me so much, and I want to give back more. I would be honored to have the opportunity to serve on your Vestry, and am hopeful you will consider me for this most important role. Thank you



## Mike Devine

St. Mary's is entering a time of reflection and discernment. As St. Mary's reaches its 100<sup>th</sup> year, we will celebrate our past and look proudly upon the contributions St. Mary's has made to the community and the world. At the same time, we must discern our future as we transition from Father Merrow's four decades of leadership. I began attending St. Mary's in 2007 and was received in November of that year. Both of my children were baptized and confirmed here. We used the nursery, enrolled our boys in Sunday School and the youth programs. I am honored to serve as a Chalice Bearer and Lay Reader. I taught 4<sup>th</sup> Grade Sunday School for five years and am looking forward to my third mission trip with our senior youth this summer. The Men's Bible Study group has deepened my understanding of our shared faith, while serving at AFAC and Santa Maria's

food distributions has allowed me to turn that faith into action. As a lawyer, I have always served others – as a public defender, law firm founder, and now as a circuit court judge. All these experiences allow me to make a unique contribution as a member of the Vestry.



## Campbell Hutton

St. Mary's was the first parish my husband, Church, and I visited when we were looking for a church about 15 years ago, and it was the last. As a young couple, we were struck by the friendly parishioners, the vibrancy of the community and all the happy children. We quickly became active members of the parish. I taught Sunday School for many years and was nursery coordinator when our three children, Lanier, Benjamin and Bowen, were young. I've since joined the Altar Guild and love learning about the procedures to care for the Altar and prepare for services. A particularly meaningful experience was serving on a Lay Committee for one of our Seminarians. As a family, we routinely participate in the children and youth activities and attend the 10 am service.

The St. Mary's community has stood with me and my family through our darkest days and our most joyous ones. It continues to fill me with faith, love, and hope and I would be honored to serve as part of your Vestry to help shepherd St. Mary's into our next century as a parish.

St. Mary's ANNUAL MEETING happens MAY 5 at 9:00 am in Paca Hall  
8:45 am—Continental Breakfast *Come choose your Vestry!*



# Meet your Vestry Candidates

## Gordon Mantler



I am quite humbled to have been asked to run for Vestry. Our family – myself, my spouse, Christina Headrick, and our kids, Zella (15) and Dash (10) – started attending St. Mary’s in the fall of 2014 after moving from North Carolina. Over the years, I have been involved in primarily outreach and racial reconciliation efforts, including as a founding member of the MORE ministry and a participant in VOICE (Virginians Organized for Interfaith Community Engagement). This work, drawing on my day job as a civil rights historian at George Washington University, has led to leading a revision of St. Mary’s official history that keeps race in mind – just in time for the parish’s centennial. I have also been involved as a parent of a youth chorister, at Santa

Maria food distribution, and any number of adult forums and parent meetings. My goal as a Vestry member is balancing our cherished traditions as Episcopalians and St. Maryans with innovative ways to lower barriers to participation. That is one reason I find Wilderness Church, started at the height of the pandemic but still going strong more than three years later, so meaningful. Thank you for your consideration.

## Nick Polizzi



Hello fellow parishioners! This is Nick Polizzi and I am honored to be a Vestry candidate. My family and I have attended St. Mary’s since 2011 and I have also been active in the church for the better part of the past 10 years. When my girls were little, I co-directed the Christmas Eve Christmas Pageant for 3 years in a row. Later, I proudly served on the St. Mary’s Shepherds Committee, which reimagined and revitalized the process by which our congregation takes care of one another. I also co-led the search committee which eventually brought Mother Sara and Father Pete to St. Mary’s. This endeavor required careful planning, prayer, and discernment, to identify the best people possible to meet the diverse and impactful work of our congregation. Last, it has been my pleasure to support the music ministry at St. Mary’s by playing violin and

encouraging my children to play their instruments during worship, be it in the church or at Wilderness Church; we are grateful to support God’s word and joy through music. I look forward to the opportunities that lie ahead and all the wonderful ways we can spread God’s Word and Joy throughout Arlington, NOVA, and the world.

## Suzanne Stroup



On Easter Sunday, I felt blessed to be at St. Mary’s, surrounded by so many in joyful prayer. Then and every day, I am grateful to be a part of this community. It is because of this immense gratitude that I choose to run for Vestry. Keegan and I came here for our daughter’s baptism in the fall of 2000. Over these past 20+ years, St. Mary’s has welcomed and provided us with the most amazing faith community. Our six children have grown up as acolytes, choristers, and youth group members. Keegan and I have also willingly accepted the call to serve, whether on Finance or Stewardship Committees, the St. Mary’s Foundation, Altar Guild, Outreach or our Annual Homecoming Gatherings. Through service, St. Mary’s has allowed us to grow our faith and experience God’s tremendous love in action. During this season of Resurrection, I

can’t help but reflect on our church’s exciting future. St. Mary’s is steeped in honored traditions, but newness and change are always just around the corner. Looking ahead to our incredible 100-year anniversary and Father Merrow’s eventual retirement, I ask you to consider me to be a part of your Vestry at this critical juncture. God is great, St. Mary’s is good, and we are all blessed to have found one another in this wonderful place. Let’s look forward together in faith, hope and love to all that is to come!

St. Mary’s ANNUAL MEETING happens MAY 5 at 9:00 am in Paca Hall  
8:45 am—Continental Breakfast *Come choose your Vestry!*

# On the Go Prayer

Jackie Ly, Youth and Family Formation Minister

I don't know about you, but my life feels pretty hectic these days! In Youth and Family Formation, we're planning special ways to honor all students transitioning to new schools or new chapters in life and preparing to mark the end of the program year with celebrations, worship services and gifts of appreciation for our amazing leaders. Let us not forget all of the many arts, sports, family and fun activities that seem to fill every evening or weekend! I sometimes catch myself at the end of a long day wondering where God was, or if I slowed down long enough to even say a gratitude prayer or think of a loved one or student who needs to remember that they are loved. It can be difficult to cultivate a deep and consistent prayer life when life keeps going a mile a minute, but I've found a few strategies that help me that I'd like to share.



Spend one minute on each of the following five applications on your phone.

**Text Messages:** pray for the last five people you received a text from (whether you know them or not!)

**News App:** Scroll through the headlines and pray for what jumps out at you as a prayer need today.

**Social Media:** Pray for individuals who pop up in your feed.

**Notepad:** Type out whatever comes to mind: a praise, gratitude, confession or request to God.

**Photos:** Scroll through your last twenty photos and lift up any prayers that come to mind.

(Smartphone Prayers from "Faithful Families, Creating Sacred Moments at Home," by Traci Smith.)

Practice kindness, gratitude, hospitality, forgiveness, empathy, generosity and other characteristics... that describe Jesus and reflect on how those practices make you or your family feel.

Build in a set time in your day to meditate or settle your mind and listen for God. Begin or end with scripture or prayer, such as this prayer attributed to St. Francis.

Prayer of St. Francis of Assisi.  
*Lord, make me an instrument of thy peace,  
where there is hatred, let me sow love,  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
And where there is sadness, joy.  
O Divine Master, grant that I may not  
so much seek to be consoled as to console,  
to be understood as to understand,  
to be loved, as to love.  
For it is in giving that we receive,  
It is in pardoning that we are pardoned,  
and it is in dying that we are born to  
eternal life.*

Lilly Lewin at <https://www.freerangeworship.com/digital-sanctuary/> shares several digital prayer stations you can try at home. Her workshop at a conference I attended gave me great ideas for implementing prayer station learning with our students like above.

# An Update from the St. Mary's Outreach Committee

by Marjorie Barclay  
Outreach Committee Chair

St. Mary's Outreach Committee directs parish-wide work that God calls us to do enabling us to love and serve our neighbors. Our Parish priorities guide our work: the care of creation, caring for one another, and racial reconciliation. The actions we take include providing food for our neighbors by making meals for the unhoused via [PathForward](#), and by distributing food with the [Arlington Food Assistance Center \(AFAC\)](#). We help those in affordable housing by supporting [Arlington Partnership for Affordable Housing \(APAH\)](#) with school supplies and with our Thanksgiving food drive. We have a grant budget that enables us to support a wide variety of organizations that align with our Parish priorities including orphanages in several African countries, urban agriculture, the tree canopy, job training for women re-entering the workforce, recent immigrant families, and those formerly incarcerated.

The Parish's Outreach Committee has 15 members including clergy and staff.

We accomplish this with parish volunteers who make sandwiches, distribute food, and run donation drives for food, housewares, and clothing. If you would like to be involved in this work, the parish website has names of parishioners who lead these activities and they are always in need of volunteers. See the link below to the Outreach section of the website.

The Parish's Outreach Committee has 15 members including clergy and staff. They work together to set the goals of St. Mary's outreach efforts, provide oversight of the volunteer activities, manage special projects and recommend grants to organizations deserving of our support. **If you would like to hear more about becoming involved in the Committee, please contact the Committee Chair, Marjorie Barclay at [mebarclay0@gmail.com](mailto:mebarclay0@gmail.com).**



Arlington Partnership  
For Affordable Housing



# ANNOUNCEMENTS

## May 6 - Christians and the End of Life Study

Mondays from 7-8:30 pm on the following dates: May 6, 13, 20 & June 3

Led by Father Andrew Merrow, in person, at St. Mary's in Paca Hall.

[Link to register](#) or call the church office at 703-527-6800, ext. 315.

## May 12 - Last Youth Sunday

May 12th is Youth Sunday! We will honor our High School Seniors at all three services, thank our Children and Youth volunteers, and celebrate our young leaders with one more chance to lead worship as ushers, greeters, readers and more.

## May 15 Deadline - Calling All Graduating Seniors!

We would like to celebrate your accomplishments in our June issue of the Messenger! Please send a photo and an update about your graduation and future plans to [jackie.ly@stmarysarlington.org](mailto:jackie.ly@stmarysarlington.org) by May 15.

## May 19 - Pentecost Sunday (Last Sunday School & also Music Ministry Sunday)

May 19 is our last session of the school year, and we will conclude with an Easter Egg Hunt on the Point at 9:30 am celebrating the end of Eastertide. Join us!

There is **NO Wilderness Service on Pentecost Sunday** due to being a major feast day and wanting all to gather at St. Mary's for services.

Crucifer and Acolytes, April 2024  
Photo: Jackie Ly



**We look forward to seeing you soon!**

"A cheerful heart is a good medicine, but a downcast spirit dries up the bones."

Proverbs 17:22

·HAPPY·  
*May Day*