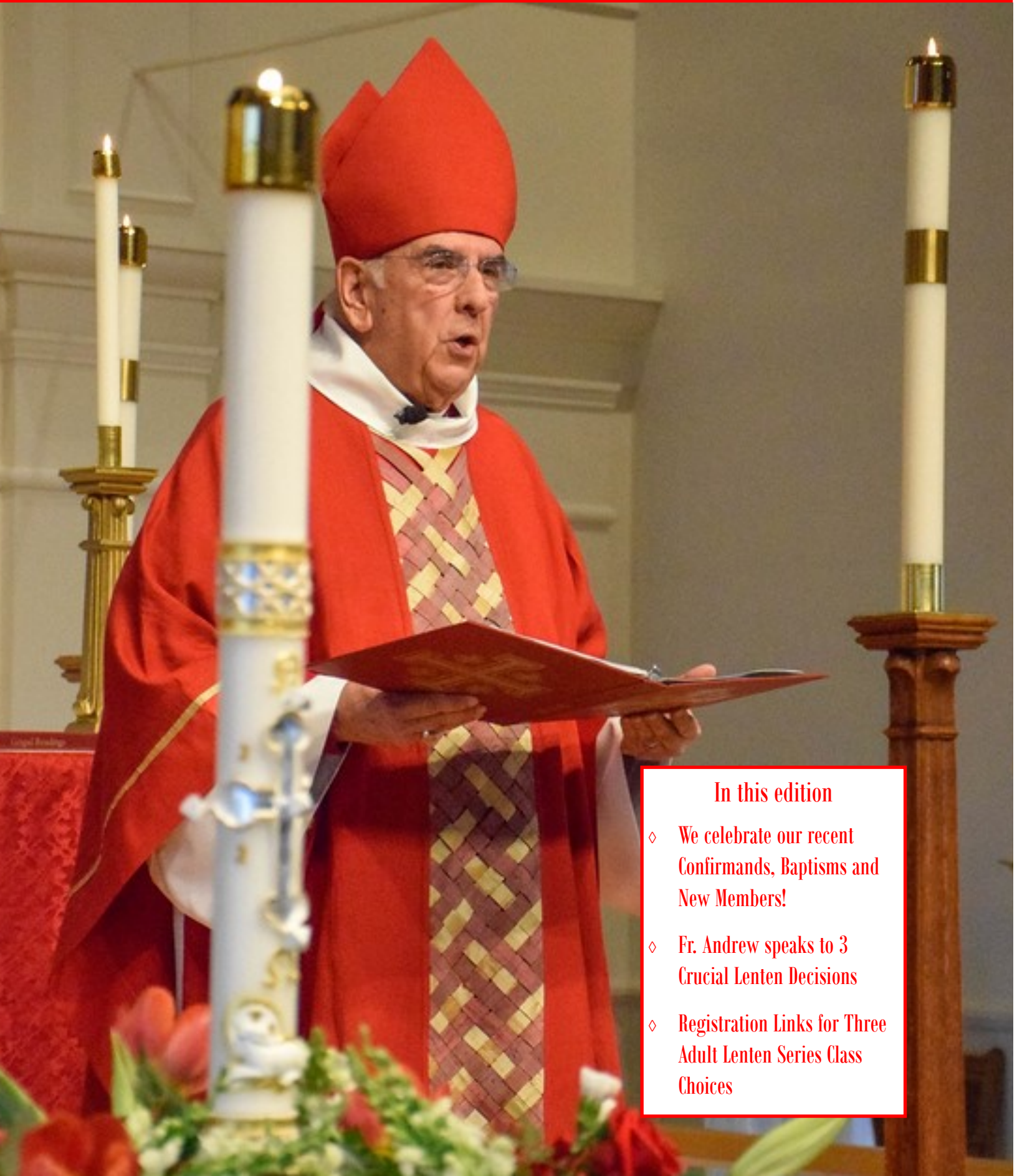


February 2024

# Messenger

 St. Mary's  
Arlington



## In this edition

- ◇ We celebrate our recent Confirmands, Baptisms and New Members!
- ◇ Fr. Andrew speaks to 3 Crucial Lenten Decisions
- ◇ Registration Links for Three Adult Lenten Series Class Choices

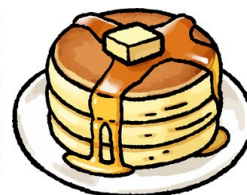
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*On the Cover: Bishop Shand visited St. Mary's on January 28. See page 6 for more highlights. Photo Credit, Sue Cromer*

## Shrove Tuesday Pancake Supper February 13th

Make your reservation using the QR code.



## Ash Wednesday Service Times

**7 am**

Imposition of Ashes in Chapel

**Noon**

Imposition of Ashes, Nave

**5:45 pm**

Imposition of Ashes, Nave  
(A family service in the Nave)

**7:30 pm**

Imposition of Ashes, Nave



# 3 Crucial Lenten Decisions

by Reverend Andrew T.P. Merrow, Rector

Dear Friends,

I haven't looked back over prior years of the Messenger, but I strongly suspect that when the season of Lent makes its annual return, I write about it. Ash Wednesday is February 14<sup>th</sup>, early this year. Because the date of Easter is determined by the lunar calendar, it means that the 40 days of Lent start on a different date every year. That's part of its attraction for me – ready or not the routine of our lives is interrupted by the voice of the church. I also appreciate that 40 days is a more or less manageable amount of time to navigate. Perhaps it's just me but I tend to do better when I know that things have a beginning and an end.



There are 3 crucial decisions associated with Lent. The first has to do with the observance of Ash Wednesday. The Book of Common Prayer in the rubric (the directions in the service) for Ash Wednesday calls it “a day of special devotion”. I prefer the older language that refers to it as “a day of obligation.” We live in a time and a culture when the “actualization” of the self is seen as the ultimate good whether it be through health, fitness, fame, wealth and so forth and so on. Ash Wednesday confronts us with our mortality, the transitory nature of life, our being creature rather than creator. Attendance in church that day is not just to receive ashes as we hear “Remember that dust thou art, and unto dust shalt thou return” but is also to hear the good news of a merciful God who deeply loves us though our lives are but a flash and then over. We hold multiple services on that day (7:00am, 12:00noon, 5:45pm and 7:30pm) to facilitate your attendance. That said, if you know that you will be traveling or unable to attend at St. Mary's, you have time to find a church (doesn't have to be Episcopal but could be Lutheran or Roman Catholic or any denomination that understands Ash Wednesday's importance). Give yourself the paradoxical gift of embracing your own death so that you might more fully embrace your own life.

Second, determine now how best to use these 40 holy days. They really are not about self-improvement through self-denial. One can give something up and take something on if you discern that to be optimal at this point in your journey as a follower of Jesus Christ. The parish will offer special classes in Lent for fellowship and discipleship. Lent is when we are invited to take a good hard look at ourselves as God looks at us, frail and fallen, but with so much potential for ever deepening love. Figure out now what Lenten disciplines best fit for you and then commit to them.

Third, the last week of Lent, Holy Week is such a gift. It is frustrating to me that the public-school system always chooses Holy Week as spring break, but there it is. Palm Sunday, Maundy Thursday, Good Friday (the other day of obligation) come but once a year. The power of those days, the gift of those liturgies (services), cannot be overstated. Lives have been and are being changed through our participation in these climactic stories of Jesus' life before his death.

Finally, remember that the point of Lent is Easter.

May the Peace of the Lord always be with you.

Faithfully,

Andrew+



## THREE CHOICES FOR ADULT LENTEN SERIES CLASSES

All will meet for 5 Wednesday evenings in Lent  
from 7-8 pm by ZOOM

Feb. 21 / Feb. 28 / March 6 / March 13 / March 20

*Please register using the Sign Up Genius Links provided*

### St. Mary's Lenten Series on Care of Creation: Less Guilt, More Action; Less Gloom, More Hope

Please join us this Lent for a series sponsored by the St. Mary's Care of Creation Ministry (CCM). The series will focus on different aspects of caring for God's creation, with a special focus on finding ways to remain motivated and upbeat, tying into our Christian faith, about the glorious world God has made for us. Each week we plan to focus on a different aspect of God's creation, such as Water, Air, Vegetation, Animals. The program will include readings, videos, audio, and other tools to focus the discussion and promote reflection and discernment. We welcome all parishioners (and any other interested parties) and look forward to hearing a range of perspectives and views on this topic.

Contact [Dave Palmer](#) or [Nancy Brooks](#) for more info. [Click here to REGISTER.](#)



### Join St. Mary's Seminarian Greg Williams, for a Lenten Study of the Book of Exodus.

In most other languages and countries, the word for Easter is based on the word for Passover. Christians have always understood the death and resurrection of Jesus Christ to be our Passover, and we say that "Christ our passover is sacrificed for us" every Sunday. As we embark on the Lenten journey to our Passover at Easter, we will study the journey to the first Passover in Exodus. Specifically, we will study the first 12-15 chapters of Exodus. This study is open to all, regardless of current Bible knowledge or lack thereof or where you might be in your faith or spiritual life. Bring your curiosity and open-heart to explore Exodus and how it relates to our living Christian faith today.

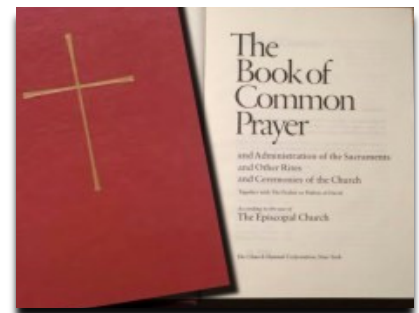
[Click here to REGISTER.](#)



### Conversations on the Prayer Book with Fr. Andrew

Explore the treasures, obvious and hidden, in the Book of Common Prayer. The only thing needed is a *Book of Common Prayer* and a willingness to engage in conversation. If you don't have a prayer book, let us know and we will get you one. This series will be led by St. Mary's Rector, Fr. Andrew T.P. Merrow.

[Click here to REGISTER.](#)



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## STATIONS OF THE CROSS PRESENTATION | FEBRUARY 17, 10 AM-NOON

On Saturday, February 17th, Peggy Parker will be sharing her knowledge about Stations of the Cross and her approach to creating the set of Stations we have at St. Mary's with a chapter of the Society of the Companions of the Holy Cross (SCHC). All are invited! Member Pam Frick invited her chapter to hold their monthly meeting here and if you are interested in coming to hear Peggy and then walk the Stations you are welcome. The total program lasts from 10 am to 12 noon. **Please let Pam know if you wish to attend so we have enough seating ([pgf3pines@gmail.com](mailto:pgf3pines@gmail.com)).** SCHC is a women's organization whose focus is intercessory prayer and social justice.

# Music at St. Mary's

## Notes

*by Dr. Gregory Hooker, Music Minister*

### Handbell Choir Opportunities

Choir Member Alex Bodeham will be directing a group of handbell ringers for Easter and for a date in May. If you are interested in ringing, please contact Dr. Hooker at [Gregory.hooker@stmarysarlington.org](mailto:Gregory.hooker@stmarysarlington.org), for more information.

### Sing unto the Lord a New Song!

At St. Mary's we are committed to the continuity of hymn singing from the saints who have come before us as well as learning hymns that are more recently composed and hymns that are new to our parish from a variety of traditions. Here is a representation of the hymns that we have incorporated into our repertoire since 2017 with the function, season and/or original source.

### Hymnal 1982

145 Now quit your care, Lent

599 Lift every voice, Christian Responsibility: African American National Anthem

### Wonder, Love and Praise Hymnal

740 Wade in the water      Baptism: Spiritual

746 God the sculptor      Hymn of Praise

754 When from bondage      Lent

757 Will you come      Discipleship

761 All who hunger      Eucharist

766 You're called by name      Baptism

777 Sing Alleluia      Hymn of Praise

786 Cantad al Senor      Praise:Brazilian

875 Fraction Anthem      Service Music

### EVENSONG DATES

**March 3 \* April 7 \* May 5**

**5:00 o'clock in the afternoon**

Choral Evensong sung by St. Mary's choir. This brief service includes readings and prayers with the psalm, canticles and anthem sung by the choir. There is no sermon and no Eucharist at this service of evening prayer. The English reformers combined monastic evening prayer services (vespers and compline) to create one of the most beloved services of the English speaking world.

*"Make a joyful noise unto the Lord, all ye lands.  
Serve the Lord with gladness: come before his presence with singing."*

**Psalm 100**

# ADULT FORUMS, 2024

9:00-9:45AM, SUNDAYS

FOR MORE INFORMATION, SEE  
[WWW.STMARYSARLINGTON.ORG](http://WWW.STMARYSARLINGTON.ORG)



- 2/4:** Black Womanist Theology with the Rev. Dr. Gayle Fisher-Stewart
- 2/11:** Parents of Children Group and Parents of Teens Group downstairs. What is Shrove Tuesday, Ash Wednesday, Tennebrae and Maundy Thursday with Fr. Merrow upstairs
- 2/18:** Christian Preparation for the End of this Life with Fr. Merrow
- 2/25:** Why is Good Friday called Good, and what is the Easter Vigil?



- 3/3:** Peggy Parker and The Art of Holy Week
- 3/10:** Parents of Children Group and Parents of Teens Group downstairs. Vestry Reflections on the Vestry and Staff Retreat in February upstairs
- 3/17:** Merrow Fellow, the Very Rev. Dr. Gloria Lita D. Mapangdol- What can we learn from the Church of the Philipines
- 3/24:** Coffee Hour for Palm Sunday
- 3/31:** Easter services at 5:30am, 8:30am, 9:30am and 11:30am



- 4/7:** How does Systemic Poverty Happen? Forum with AFAC CEO Charlie Meng
- 4/14:** Parents of Children Group and Parents of Teens Group downstairs. Lectionary Bible Study upstairs
- 4/21:** Care of Creation Ministry Presentation
- 4/28:** Panel with our Past Sr. Wardens



- 5/5:** Annual Meeting
- 5/12:** Youth Sunday and Mother's Day: Final Parents of Children Group and Parents of Teens Group downstairs. Coffee Hour upstairs
- 5/19:** Help us celebrate the Final Sunday School/ Youth Forums of the program year, Music Ministry Sunday AND Pentecost with a festive coffee hour
- 5/26:** Coffee Hour



- 6/2:** Coffee Hour
- 6/9:** Coffee Hour (Parish Weekend at Shrine Mont)
- 6/16:** Coffee Hour
- 6/23:** Coffee Hour
- 6/30:** Coffee Hour

# JANUARY 28TH WAS A GREAT DAY IN THE LIFE OF THE CHURCH!

WE CELEBRATED THE BAPTISM, CONFIRMATION AND RECEPTION OF 20 PARISHIONERS ALONGSIDE VISITING BISHOP JAMES "BUD" SHAND.



Bishop Shand warmly greeted the candidates and encouraged them in their faith.

Thank you to all of the mentors, parents and candidates who contributed to the reception, or helped with the set up and clean up following Holy Eucharist. The cake truly was as delicious as it looks!



## A Case for Love Challenge begins Feb. 14, Ash Wednesday

I'm hoping you'll join me in participating in the "A Case For Love" challenge. [Contained herein is the link to download the journal](#) which simply challenges us to do something nice or kind everyday for 30

days. I'm going to start on Ash Wednesday, February 14th. We will have copies of the journal available in the Office for you to pick up to facilitate your participation. We are also working very hard to get access to the movie so that we can watch it together and talk about the impact random acts of kindness can have on our community and the world. Let's make a case for love together.

Rev. Janettarose+

Join "Outreach Just-in-Time" (JIT) to provide occasional help to parishioners & our community



We are re-launching & re-branding our 'Outreach Just-in-Time' email list to provide direct help to parishioners and community neighbors in need. Email Marjorie Barclay at [mebarclay0@gmail.com](mailto:mebarclay0@gmail.com) to join the email list. Outreach JIT is a source of help for ad hoc needs. We donated small appliances & clothing for new neighbors who were refugees from Afghanistan, provided the use of a truck with a strong teenager to move an item for a parishioner relocating and more. An email is sent only when there is a need.



~ GREAT NEWS ~

### Rev. Janettarose+ is a Notary Public

Our very own Reverend Janettarose Greene is a Notary Public commissioned by the Commonwealth of Virginia.

Notaries certify the proper execution of many lifechanging documents. A Notary's duty is to screen the signers of important documents for their real true identity, their willingness to sign without duress or intimidation and their awareness of the contents of the document or transaction.

If you find yourself in need of a Notary, Rev. Janettarose+ is at your service. **One Hundred percent (100%) of proceeds generated from services rendered at St. Mary's will be donated to our Youth and Family Formation.**

*A few fun notarial facts:*

Did you know that the origins of Notaries can be traced back to ancient Egypt?

According to the National Notary Association, the recording of events was so highly valued that Pharaoh Tutankhamen included writing equipment in his tomb for the afterlife.

Notaries accompanied Christopher Columbus on all of his voyages. The king and queen of Spain wanted to ensure that all discovered treasures were accounted for.

Notaries were once church officials appointed by the Pope. After Henry VIII separated the church of England from the Church of Rome, the Archbishop of Canterbury commissioned Notaries in England and her colonies (i.e., America).

### **LIFE TRANSFORMED: THE WAY OF LOVE IN LENT** ([episcopalchurch.org/lent-resources](http://episcopalchurch.org/lent-resources))

The journey through Lent into Easter is a journey with Jesus. We are baptized into his life, self-giving, and death; then, we rise in hope to life transformed. This Lent, communities are invited to walk with Jesus in his Way of Love and into the experience of transformed life. Together, we will reflect anew on the loving actions of God as recounted in the Easter Vigil readings. Together, we will walk through the depths of salvation history into the fullness of redemption.





## SR. HIGH UPCOMING EVENTS

**FEB. 25**

**BRUNCH, 11:15AM-12:15PM  
FAMILY OUTREACH, 3-4:30PM**

**MAR. 10**

**BRUNCH, 11:15AM-12:15PM**

**MAR. 17**

**JR. AND SR. HIGH  
ST. PATRICK'S DAY PARTY,  
6-7:30PM**

**APR. 7**

**ADULT FORUM, HOW DOES  
SYSTEMIC POVERTY HAPPEN  
9-9:45AM**

**APR. 14**

**BRUNCH AND HIKE  
OFFSITE, 11:30AM - 1:00 PM**

**APR. 27**

**REBUILDING TOGETHER  
VOLUNTEER PROJECT,  
AM OR PM SHIFTS**

**MAY 12**

**YOUTH SUNDAY, 10 SERVICE  
GRADUATE RECEPTION, 11AM**

**MAY 19**

**FINAL BRUNCH,  
11:15AM-12:15PM**

**JUN. 5**

**FINAL YOUTH GROUP,  
7-8:30PM**

RSVP to your Youth and Family Formation Minister- Sometimes there will be sign ups!  
[jackie.ly@stmarysarlington.org](mailto:jackie.ly@stmarysarlington.org); cell (540) 272-3952



## JR. HIGH UPCOMING EVENTS

**SUNDAYS UNTIL  
MAY 19**

**JR. HIGH FORUM,  
9-9:45AM IN THE LOFT**

**FEB. 7 AND 21**

**JR. HIGH YOUTH GROUP  
7-8:30PM**

**FEB. 25**

**FAMILY OUTREACH EVENT  
HELP WITH PROJECTS  
3-4:30PM**

**MAR. 6 AND 20**

**JR. HIGH YOUTH GROUP  
7-8:30PM**

**MAR. 17**

**JR. AND SR. HIGH  
ST. PATRICK'S DAY PARTY,  
6-7:30PM**

**APR. 3 AND 17**

**JR. HIGH YOUTH GROUP  
7-8:30PM**

**MAY 1 AND 15**

**JR. HIGH YOUTH GROUP  
7-8:30PM**

**MAY 12**

**YOUTH SUNDAY, 10AM  
SERVICE HONORS SENIORS  
AND ACOLYTES.  
RECEPTION, 11:15AM**

**JUN. 5**

**FINAL YOUTH GROUP,  
7-8:30PM**

RSVP for Youth Group at <http://tinyurl.com/97atucpx>  
jackie.ly@stmarysarlington.org; cell (540) 272-3952

**JUNE  
7-9,  
2024**

 **St. Mary's Episcopal Church**  
Arlington, VA



**REGISTER TODAY!**  
**SHRINE MONT  
PARISH  
WEEKEND**




## ACTIVITIES

- S'mores by the fire
- Candlelight Compline
- Front porch fellowship
- Children's games and fun
- Walk the Labyrinth or take a hike or bike ride
- Youth hike and games
- Corn hole tournament
- Delicious meals
- Relax or fish by the pond
- Worship at our outdoor Cathedral



**HAVE QUESTIONS OR INTEREST IN JOINING THE PLANNING TEAM? EMAIL JACKIE.**

 Shrine Mont, Orkney Springs, VA



[jackie.ly@stmarysarlington.org](mailto:jackie.ly@stmarysarlington.org)



# St. Mary's Arlington

Worship · Outreach · Family · Care

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Make your commitment online:

[www.stmarysarlington.org/pledge](http://www.stmarysarlington.org/pledge)