

March 2024

Messenger



We are Easter People!

INSIDE *The Post-Pandemic Church | The Seeds of Your Heart! Lenten Project | Cultivating Leadership in our Youth*

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Choral Evensong and Good Church Music

by Dr. Gregory Hooker, Music Minister



Choral Evensong *Sun., March 3, 5:00 pm*

Choral Evensong is an entry into the spiritual realm of prayer through the beauty of music. The service is short, requiring little of the congregation but open ears and open hearts. At the English Reformation the monastic daily offices of Vespers and Compline were combined into one service called Evening Prayer or Evensong for use in cathedrals and parishes. (The daily offices do not include a sermon or the Eucharist.) At Choral Evensong the choir takes a primary role in offering prayer and praise on behalf of the congregation. Because of the rich and vast corpus of music written for Evensong by composers across the centuries to our present day, Choral Evensong has become one of the glories of our Anglican tradition. St. Mary’s Choir will lead the congregation in prayers, anthems, hymns, a psalm and canticles on the first Sunday of March, April, May and June. This season of Choral Evensong services is in preparation for our Choir Pilgrimage to Salisbury Cathedral, England, July 29-August 4. Come support the choir and receive the spiritual blessing of Choral Evensong.



Good Church Music

In the Episcopal Church our corporate worship of God is structured by the liturgies of the Book of Common Prayer. These liturgies stand alone without the addition of musical elements. An entire service may be spoken or read from beginning to end and be considered complete. The addition of church music can serve several purposes. By singing words

of the prayer book instead of saying them, we have a wider or more specific form of expression that can be added to these words. Music measures the pitch, rhythm, and inflection while allowing for an emotional response that is more pronounced than the spoken word. We may also add sung texts to the liturgy such as hymns and anthems which amplify the words of the liturgy in prayer and praise or

comment on a text such as a lesson from the Bible in a way that serves to teach or proclaim. So music does much more than offer a vehicle for our praise to God. It can also allow other texts to be written upon our hearts in a way that admonishes us or comforts us. Hymns or anthems can be musical sermons, if you will, that comment on the readings of the day or exegete a theme of a season of the Church Year. Good Church Music

therefore begins with texts. What texts best serve the purposes of the liturgy in a corporate sense? Here is a non-exhaustive list, just a beginning: Does the text stand alone as a reliable expression of the Christian faith as found in the Episcopal Church? Are the words themselves a reflection of the vocabulary we find in scripture and the Book of Common Prayer? Does the text serve a function within the liturgy that edifies an intergenerational congregation? Is the text crafted in a way that its meaning deepens over time? Does the text point to scripture and the testimony of the church as sources of understanding? Am I both comforted and confronted? So the measuring stick is not so different for the texts of musical portions of the liturgy as it is for the prescribed liturgical texts. They reinforce one another and mirror each other in the way that they point us to God, and the Word Himself Jesus Christ.

MARCH EVENTS

- March 3 **Adult Forum: Peggy Parker**
The Art of Holy Week, 9 am
- Evensong in the Nave**
Led by St. Mary's Choir, 5 pm
- March 6 **Lenten Adult Series**
Online, 7-8 pm
- March 8 **Stations of the Cross**
Nave, 5 pm
- Parish Potluck Dinner**
Merrow Fellow Welcome
5:30-7:30 pm
- March 9 **Lenten Quiet Day, Chapel**
w/Fr. Andrew, 9am-Noon
- Holocaust Museum Visit**
Perm. Exhibit, 9:30-11:30 am
- Movie Day, Paca Hall.**
A Case for Love, 2-4 pm
- March 10 **Adult Forum: Merrow Fellow**
The Very Rev. Dr. Gloria Lita D.
Mapangdol, 9 am
- Holocaust Museum Visit**
Temp. exhibit, 2-3:30pm
- March 11 **Movie Night in Paca Hall**
A Case for Love, 6:30-8:30 pm
- March 12 **Aspire Reading Night**
Sponsored by Outreach Partner, 5 pm
- March 13 **Lenten Adult Series**
Online, 7-8 pm
- March 15 **Stations of the Cross +**
Nave, 5 pm
- March 16 **Lenten Clean Up Day**
with St. Joe's Ministry, 9am-Noon
- March 17 **Adult Forum: TBA**
9 am
- March 20 **Lenten Adult Series**
Online, 7-8 pm
- March 22 **Stations of the Cross +**
Nave, 5 pm
- March 23 **National Gallery of Art Visit**
Sponsored by Art Committee
10am-Noon



St. Mary's HOLY WEEK SERVICE TIMES



PALM SUNDAY, MARCH 24

8 am | 10 am | 5 pm

MONDAY, MARCH 25

Tenebrae, 8-8:30pm

TUESDAY, MARCH 26

Tenebrae, 8-8:30pm

WEDNESDAY, MARCH 27

Tenebrae, 8-8:30pm

MAUNDY THURSDAY, MARCH 28

Mass sung by Choir, 7:30-9pm

followed by all night Vigil until 7 am

GOOD FRIDAY, MARCH 29

7am, Proper Liturgy Service

Nursery open 12pm-1pm

Holy Hours, Noon-3pm

5:45 pm, Family friendly service

7:30-8:30pm, Proper Liturgy Service

HOLY SATURDAY, MARCH 30

9am, Proper Liturgy

Communion Prep Class 9-10:15 am

EASTER SUNDAY, MARCH 31

5:30 am, Easter Vigil, Nave

8:30 am, Family-friendly service in Paca

9:30 am, Easter Service, Nave

11:30 am, Easter Service, Nave

EASTER MONDAY

Holy Eucharist, 5-6pm

Post Pandemic: Two Things Demanding Our Attention

Dear Friends,

As you are aware “organized religion” is on the decline in the United States and “nones” are on the rise. There are many reasons for this that persons far more qualified than I can speak to, but it is clear that all institutions are under stress in our rapidly changing world not just the Church. Trust in government, politicians, institutions of higher learning, and the military is in short supply and doesn't promise to be returning anytime soon. Trust, once lost, is difficult to regain.

What is hopeful is that “nones” have not lost belief in some sort of a higher power and are actively searching for ways of belonging and embracing a

“What does it profit a person to gain the whole world and forfeit their life?” (Mark 8:36)

larger meaning for their lives. Jesus' cautionary question rings true in our own day – “What does it profit a person to gain the whole world and forfeit their life?” (Mark 8:36) Money, power, sex, and fame can only take us so far. The Episcopal Church is grateful to continue in our generation, the hard work of becoming a community of faith that welcomes all people and all questions regardless of where we find ourselves on the journey of faith. That should make us a logical destination for those who identify as spiritual but not religious. That said, however, it is fair to point out that post pandemic there are two things that demand our renewed attention. The first is to rebuild a sense of belonging, of profound community, that seeks to address the deep loneliness in this country that our Surgeon General has labeled an epidemic. Loneliness can lead to depression that can lead to despair that can lead to death. It tragically happens all around us. The second thing to recognize is that because persons are less inclined to come to church, we need to go and seek them out. “The harvest is plentiful but the laborers are few; therefore, ask the Lord of the harvest to send out laborers into his harvest.” (Matthew 9:37-38)

Let's be honest with ourselves. What exactly are we inviting our friends and relatives or acquaintances to join? Are we really a welcoming inclusive church family that is attractive to folk who are already pre-disposed not to expect much? Where do we need to put time and energy into ensuring that we are in fact who we say we are? Who among us is going to do it and what exactly is the “it” that we are going to do?

On the 5th of MARCH I will finish my 39th year as rector of this parish of remarkable people who have brick by brick built us into what we enjoy today. Many of those saints have gone on to their reward but many are still among us. Brick by brick. One small act of love and kindness connected to another, to another. To continue that metaphor let me offer a couple of concrete possibilities.

“On the 5th of March I will finish my 39th year as rector of this parish of remarkable people who have brick by brick built us into what we enjoy today.”

Our first pot-luck supper will be held on Friday evening, MARCH 8th to welcome the Rev. Dr. Gloria Mapangdol from the Philippines who will be at Virginia Theological Seminary as the visiting Merrow fellow (something that you made possible by your generosity at my 20th anniversary). Stations of the Cross will be held at

“Our first pot-luck supper will be held on Friday evening, March 8th to welcome the Rev. Dr. Gloria Mapangdol...”

5 for those who can attend and we will start supper at 6:00-6:15. Pot luck suppers are fun, build community, kids love them, and the food is delicious. Are you willing to be part of that for



one hour out of your busy life? Might you be willing to volunteer to help? Adult Membership classes are going to be held from 3:15-4:30 for six consecutive Sunday afternoons beginning Sunday, APRIL 7th. If you want to meet people at a deeper level, explore your Christian faith or prepare to become a member of the Episcopal Church, perhaps this is your opportunity to make that commitment. In MAY we will offer a 3-part series looking at Christian preparation for death and dying, surely an opportunity for deep sharing and careful listening. Finally, in JUNE our parish weekend will take place at Shrine Mont the 7th through the 9th.

The Church is the Body of Christ. We need to stay healthy and work at it as we celebrate the love of Christ for all persons that God so desperately wants the world to experience.

May the Peace of the Lord always be with you.

Faithfully,
Andrew+

**Fr. Andrew Merrow
begins his 40th year of
serving at St. Mary's
on March 5th.**



A CASE FOR LOVE



Showing Now in the Paca Hall Lenten Theater

by Rev. Janettarose+

The movie *A Case For Love* is inspired by the teachings and lived example of Presiding Bishop Michael Bruce Curry. Director Bob Ide and his team delve deeply into eleven personal-vignettes including part of Bishop Curry's personal story. They deftly weave together difficult moments in the lives of the people interviewed all the while making a case for love.

A Case For Love will be shown in Paca Hall. The movie is free, a freewill offering would be appreciated to raise money for the 2024 Youth Mission Trip and Outreach initiatives. Snacks and beverages will be available for purchase.

MOVIE TIMES ARE AS FOLLOWS:

- ◆ **Saturday, March 2 - Matinee** (2PM – 4PM)
- ◆ **Saturday, March 9 – Matinee** (2PM – 4PM)
4PM – 4:30PM – Post Movie Chat
- ◆ **Monday, March 11** (6:30PM – 8:30PM)
- ◆ **Friday, March 22** (6:30PM – 8:30PM)

**Coming to St. Mary's Episcopal Church
LENTEN THEATER IN PACA HALL!**

A Case for Love | The Philadelphia Eleven | The Pauli Murray Movie

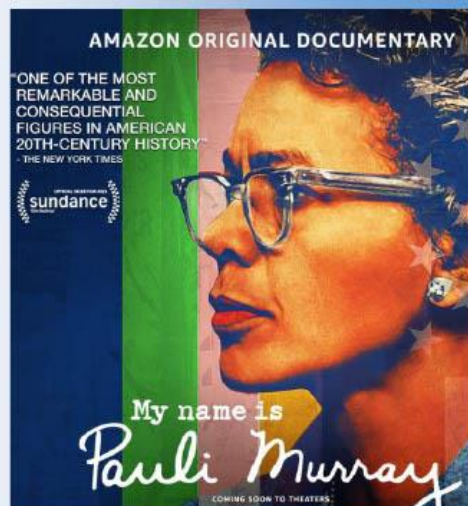


Sat., March 2, 2-4 pm
Sat., March 9, 2-4 pm
Mon., March 11, 6:30 pm-8:30 pm
Fri., March 22, 6:30 pm-8:30 pm

FREE TO ALL,
a love offering will be taken.
Concessions will be available
by the Youth of St. Mary's.



Fri., April 5, 6:30-8:00 pm



Mon., April 15, 6:30-8:00 pm

SIGN UP USING
THE QR CODE
OR ON THE HUB
STMARYSARLINGTON.ORG



Why Should You Join Us at Shrine Mont, June 7-9 for our Annual Parish Weekend?

By Jackie Ly, Youth and Family Formation Minister and Shrine Mont Planning Team Chair

Shrine Mont, our Diocese of Virginia camp and conference center nestled in the Shenandoah Valley in Orkney Springs is the perfect place to spend a weekend away. Many churches use Shrine Mont for small and large retreat weekends, but families can rent cottages or rooms in the historic hotel to take advantage of the spiritual spaces and restorative mountain air mixed with a little southern charm and playful environment, too. While the parish weekend, June 7-9 this year has a structure, there is plenty of free time built into the schedule for things like hiking, swimming, reading or socializing. It's a sight to behold when our children realize they can safely explore and run free around the property and fully appreciate God's creation!

This weekend has something for everyone, all ages and family groups! Enjoy a campfire with s'mores on Friday night followed by candlelight compline led by our youth! Opt in for adult discussion groups on Saturday morning while the children and youth explore Shrine Mont's abundant natural spaces, or socialize the night away with corn hole, entertainment and fellowship in the evening! We worship together at the beautiful outdoor shrine on Sunday morning, a parish favorite, and enjoy delicious meals all weekend together - all provided by the conference center. The conversations cannot be beat and I guarantee you'll connect with new and old friends and leave refreshed and renewed by Sunday afternoon. Please consider joining us or asking fellow parishioners about their experience.

THE SHOUTING PRAYER

*prayed at Shrine Mont Camps and
on the stone in the Cathedral Shrine
of the Transfiguration at Shrine Mont*

God loves the world!

God loves us!

God loves you!

I love you!

God loves me!

I love me!

Thanks be to God!

Amen!

SHRINEMONT PARISH WEEKEND REGISTRATION INFORMATION

Teen/Adult Single Occupancy: \$235.00

**Teen/ Adult Double Occupancy;
per person rate: \$185.00**

Child 0-3: Free | Child 4 -13: \$130.00

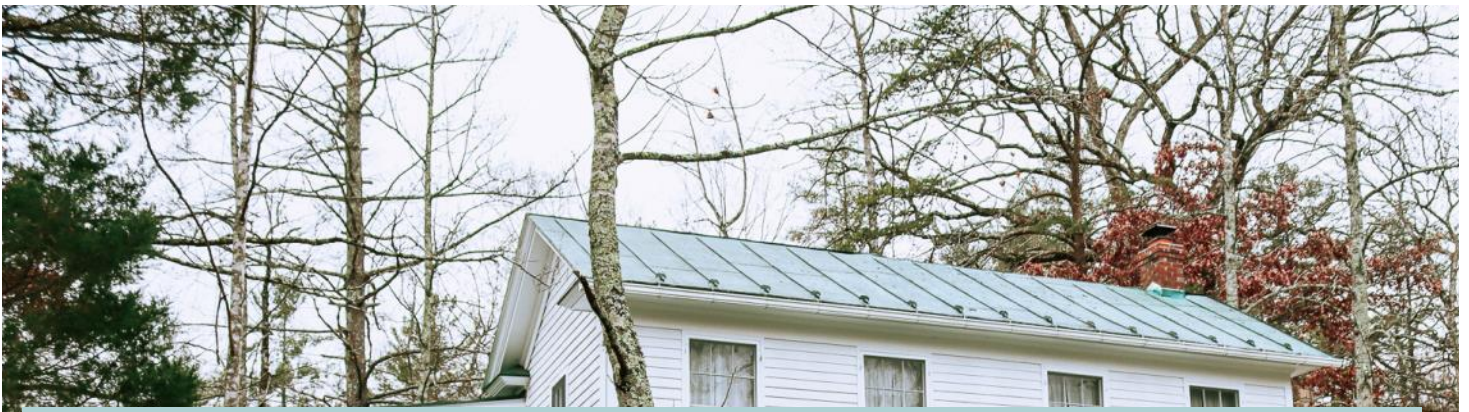
Family Rate: \$500 for the weekend!

Financial Aid is available; contact clergy.

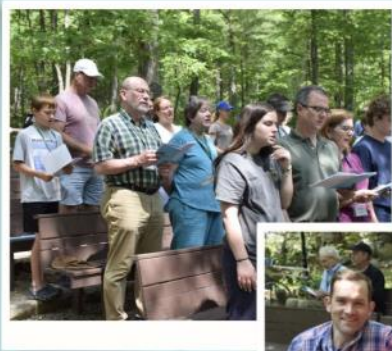
To register, go to <https://shorturl.at/nBV39>.

Contact: [Jackie Ly](#)

*for more info. about the weekend,
or to help us plan the event.*



Shrine Mont Parish Weekend, June 7-9, 2024



REGISTER ON REALM TODAY! [HTTPS://SHORTURL.AT/NBV39](https://shorturl.at/nbv39)



 **The Seeds of Your Heart** 
by. Rev. Janettarose+

Within the next few weeks you will begin to see flower boxes atop our sit walls on the Glebe Road side of St. Mary's. The flower boxes will be placed there so that we can experience the innovative Lenten practice of burying our lament alongside our thanksgivings and joy. Thereby creating yet another visible sign of our belief in God's grace and mercy. Understanding that beauty can be birthed from pain and loss, in the same manner as it springs forth from joy and thanksgiving.

All are welcome to participate in planting the seeds of their hearts, giving to the earth what belongs to the earth, all of the old things that no longer serve the Lord, asking Him to make good and new that which belongs to Him.

Let us start now by thinking about what we want to release during this season of Lent and what we want to see grow. We will write on seed paper and then put the paper in the flower boxes outside so that we can watch our prayers grow during Lent and be reminded of what is being released in us and what is being made to flourish. Seed paper and flower boxes will be available on Sunday, 10 March.



**Potluck Supper on March 8th,
5:30-7:30 pm**

**Welcome our
VTS Merrow
Fellow**

[SIGN UP LINK](#)



The Potluck Supper on March 8th from 5:30-7:30pm is our first Parish wide Potluck in 2024. We want to take this opportunity to welcome the VTS Merrow Fellow, The Very Rev. Dr. Gloria Lita D Mapangdol from the Phillipines.

[Lenten Quiet Day](#)
[Registration Link](#)

March 9, 9am-Noon in Chapel
with Fr. Andrew



**Two Opportunities
to Visit Museum
with St. Mary's
March 9 & March 10**



[SIGN UP LINK](#)

Pilgrimage to the United States Holocaust Memorial Museum, March 9 and 10. St. Mary's parishioner Rebecca Carter-Chand (Director of the USHMM's Programs on Ethics, Religion, and the Holocaust) will lead two tours of the Museum's exhibitions on March 9 and 10. Anyone 12 or older is welcome to sign up for one or both tours (space is limited to 25 people per tour).

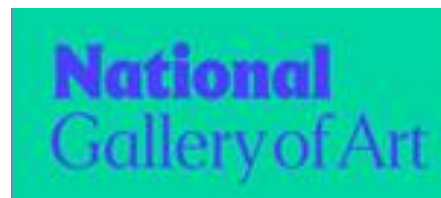
Saturday, March 9, 9:30 - 11:30 am

Tour of the permanent exhibition
(includes early entry)

Sunday, March 10, 2:00 - 3:30 pm

Tour of the temporary exhibition
"Americans and the Holocaust"

Each tour will include time for
reflection and discussion.



**Excursion with St. Mary's Art Committee
March 23, 10am-Noon | [SIGN UP LINK](#)**

The Art Committee is sponsoring a field trip to the National Gallery of Art's exhibit on Mark Rothko's Paint on Paper. The event is Saturday March 23 from 10-12 pm. Members of the Art Committee will informally guide the group through four distinct periods of the artist's career. It will end with a meditation and discussion at his classic large paintings of rectangular shapes on monochromatic backgrounds. Afterwards, continue exploring other exhibits or join a group for lunch. For more information contact Paul Douthit.

St. Joseph's Ministry

Two upcoming opportunities to assist

SATURDAY, MARCH 16th

9am – Noon

LENTEN CLEAN - UP DAY

**All ages and skill levels
welcome!**

Join us in cleaning and preparing the church for Easter. Sign up for one of the teams: Pew cleaning, General cleaning, Outside (Raking/ Mulching), Repairs and Special projects.

**All skill levels, age 14 and up
welcome!**



REGISTER USING LINKS BELOW

Questions? Contact Jane Shafran

jane.shafran@stmarysarlington.org

**[March 16th,
Sign Up LINK](#)**

**[April 27,
Sign Up LINK](#)**



SATURDAY APRIL 27th

9 am – 5 pm

**REBUILDING TOGETHER 2024
RAIN OR SHINE!**

Rebuilding Together is a national organization that organizes and supports community partners in the repair and renovation of homes whose owners are unable to do this for themselves (low income, elderly and physically challenged). Rebuilding Together's signature event is National Rebuilding Together Day, which takes place on the last Saturday of April. Since 1988, the Arlington, Fairfax, Falls Church affiliate of Rebuilding Together has been organizing this effort locally and St. Mary's parishioners have been involved nearly that long. Last year, a thousand people volunteered locally to make significant repairs to 30 private homes and non-profit residential facilities. The St. Joseph Ministry leads our efforts and this year's House Captain is Jeff Knight. There are plenty of opportunities to volunteer. National Rebuilding Together Day is not only a fun and gratifying way to help out our neighbors in need, it is only a great way share fellowship with St. Mary's members. We will receive our home (or non-profit) assignment soon and develop a detailed scope of work. In the meantime, sign up for one of the following teams: Paint, Landscaping, Carpentry, Repairs, Hospitality, and Clean up.

**All skill levels, age 14 and up
welcome!**

Cultivating Leadership in our Youth and Family Ministries at St. Mary's

by Jackie Ly, Youth and Family Formation Minister

This year we have been very intentional about listening to our students in the youth and family ministry program at St. Mary's and a resounding theme coming out of our scheduled and informal listening sessions is how they crave opportunities for leadership and service. Here are some of the ways that our young people continue to lead us towards a stronger and more vibrant relationship with our heavenly Father. They are incredible, so thank you for the continued opportunity to get to know them!

*Children in PreK-5th Grade made nearly 30 Valentines that we delivered to senior residents at Culpepper Gardens, one of our Outreach partners.

*The children are discussing in Sunday School how they can practice a holy Lent through prayer, fasting and giving of their time and treasure, and they are sharing those plans with their families, encouraging each member to make a positive change this season.

*There is never a shortage of worship leader volunteers in Children's Chapel on Sunday mornings. We have prayer stone leaders, candle lighters, a crucifer and other special roles that help us worship God and take care of our Chapel space. We also invite the children to pray for those in need and those who need to know God.

Upcoming Opportunities for Teens to Serve:

- ⇒ Volunteer with Sunday School and Children's Chapel on Sunday mornings
- ⇒ Come to Youth Group and help select service projects for our group to complete
- ⇒ Help sell concessions for the "A Case for Love" movie screenings to help benefit our outreach work on the mission trip
- ⇒ Serve on a Ministry Team at St. Mary's

[Email Jackie](#) for more info about any of these opportunities!



(above) Youth Group enjoying fellowship time while working on service project.

*Throughout the year, our Treble and Girls and Boys Choir members and our acolytes lead us in worship, modeling their Christian commitment to service and community. On Second Sundays, children and youth serve as greeters, ushers, collect readers and dismissal leaders. Our next opportunity is March 10th at the 10am service!

*The Jr. and Sr. High Youth Groups have begun using real plates, silverware and glassware for our dinner fellowship as we grow in our commitment to care for creation. They love chances to lead by example and are responsible for loading the dishes and cleaning up afterwards! They also regularly work on service projects like decorating the lunch bags for our Path Forward Meal Ministry and volunteering at AFAC.



(above) Youth volunteering at AFAC

*The Sr. High Brunch Fellowship has made stationery for Bridges to Independence and helped set up for the Family Friendly Outreach Event, something that all ages were welcome to attend in February to help organizations like Martha's Table, Operation Gratitude, and support students at VTS.

*The Jr. and Sr. High Youth Council leadership team continues to look for service projects and they are actively planning a fun St. Patrick's Day party on March 17th for their peers, complete with a budget that they have decided to use sparingly in order to purchase supplies for an outreach project later this year.



*(above)
Youth decorating lunch bags for Path Forward*





St. Mary's Arlington

Worship · Outreach · Family · Care

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Make your commitment online:

www.stmarysarlington.org/pledge