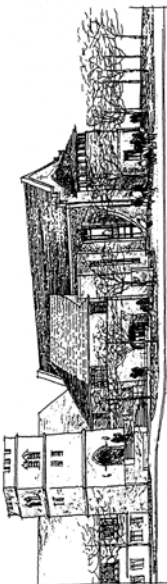


March
2011

Saint Mary's Messenger



Dear Friends,

Lent is late this year. Ash Wednesday is March 9th.

Technically and more correctly Lent can never be late or early.

Lent is always on time even though its start date can easily shift several weeks from year to year. Last year, for instance, Ash Wednesday was February 17th.

Because the beginning of Lent is determined by the date of Easter, which in turn is determined by the lunar calendar, the proper proposition for us to ponder is whether we will be on time for Ash Wednesday. When, why and what are we going to do with these forty days and forty nights?

The when of Lent's seemingly capricious start date is a gift precisely because it so closely mirrors the nature of life. Even as we constantly are rudely reminded that we have very little control over our lives, we persist in maintaining the illusion that we do. Last month's upheaval in the Arab world shows that even dictators with vast militaries cannot finally dictate the course of history. Lent is a focused period of time to remember that life is finite and unpredictable, and that sin, sickness, and death are always lurking nearby. It has been rightly stated that we human beings find reality so painful that we only take it in small doses. The six weeks of Lent is not too long for us to wrestle with the big questions of life.

Why are we going to try to keep a Holy Lent? Primarily because we choose to substitute the wisdom of the Church through the centuries for our own understanding. We are willing to listen to the mothers and fathers of the Church who have witnessed with their lives to the truth that a Holy Lent makes a Blessed Easter. We are going to step back from the hubris of our own day and immerse ourselves in the living faith of the church through the ages. Remember that keeping a season of preparation for Easter is a tradition that goes back to the early years in the life of the Church.

What are we going to do to keep a Holy Lent? I cannot suggest too strongly that the first thing to do is to still your anxious heart and wait for a word of the Lord. You and God together can best determine what you need to be about for these forty days to help you grow in holiness. Opportunities for worship, service and education abound. Some ideas are in this newsletter and others will be highlighted in additional ways. Disciplines in Lent are not meant to be onerous but rather benchmarks and guideposts to help us journey through life with as much love, joy and forgiveness as we can muster.

I do strongly encourage, however, that whatever else you do or choose not to do, be in Church on Ash Wednesday at the beginning of Lent and determine how you will keep Holy Week at the end of Lent.

May the peace of the Lord always be with you.

Andrew



PARISH LIFE

Notes on a Spiritual Practice

If you have been seeking a way to increase your experience of Holy Scripture, here is a suggestion for reading the Psalms. *The Book of Common Prayer* (1979) provides a thirty-day guide to read the entire book of Psalms. Beginning on page 585, the *Book of Common Prayer* contains the Book of Psalms (the Psalter). If you look on page 585, you will see an italicized heading: “*First Day: Morning Prayer*”. Psalms 1 – 5 are appointed for reading in the morning. Beginning with Psalm 6, the italicized heading reads “*First Day: Evening Prayer*”. The psalms in this section are 6 – 8. For the next thirty days, the Psalter is divided into daily psalms for the morning and evening. As you begin this discipline, you may wish to read a shorter section within each set. As this spiritual practice becomes more and more a part of your daily life, increase the readings until you are reading the entire selection.

In Case You Missed It— The sermons our clergy deliver to us each Sunday are housed on our website for your spiritual enjoyment. Go to www.stmarysarlington.org. Under the tab “Worship”—scroll down to “Sermons”. Click on “Sermons” and a page opens up listing nearly every sermon by preacher and by date. Enjoy!



Lenten Repair & Clean Up Day, Saturday March 19th

Please mark your calendar for Saturday, March 19th and join us for The Feast of St. Joseph, Holy Eucharist at 8:30 a.m. in the chapel, followed by the Lenten Repair & Clean Up Day. There will be a variety of tasks and projects throughout the church to prepare us for Easter. All ages and skill levels welcome. This is a great opportunity for youth to acquire community service hours. Let us know if you are interested in being a project team leader. Look for details and the sign-up in the Paca parish hall or contact Jane.Shafran@stmarysarlington.org /703-527-6800.

St. Mary's Lenten Series: Journey to Jerusalem

March 13 10:15*a.m. JERUSALEM IN SCRIPTURE & TRADITION

The Rev. Kate Sonderegger speaks about the significance of Jerusalem in the Old and New Testaments, and in Christian tradition and theology.

Lectionary Conversations (in Chapel)

March 20 10:15*a.m. JOURNEY TO JERUSALEM IN ART...

From Jesus' entry into Jerusalem through the events of the Passion, Crucifixion, and Resurrection guided by artist Peggy Parker.

Lectionary Conversations

March 27 10:15*a.m. COFFEE HOUR



Lectionary Conversations

April 3 10:15*a.m. WHOSE SACRED SPACE?

The Rev. John Runkle discusses how Jews, Muslims and Christians understand sacred space and its impact in Jerusalem.

Lectionary Conversations

Arlington Episcopal Lenten Study Series begins March 5

† **March 5:** 9a.m.-12:30p.m. Pre-Lenten Quiet Day, “An Astonishing Encounter with God: Praying with the Bible”, St. Andrew's Episcopal Church, 4000 Lorcom Lane.

The following Tuesday evening sessions begin with a supper at the host church at 6:30 p.m., a program for adults at 7:30 p.m., and end with a short Compline service at 8:30 p.m. Nursery care will be provided.

† **March 15:** “Opening the Bible”, St. John's Episcopal Church, 415 S. Lexington St.

† **March 22:** “Justice in the Old Testament”, St. Peter's Episcopal Church, 4250 N. Glebe Road

† **March 29:** “Apochrypha”, Trinity Episcopal Church, 2217 Columbia Pike.

† **April 5:** “Justice in the New Testament”, St. Michael's Episcopal Church, 1132 N. Ivanhoe St.

† **April 12:** “The Living Word in our Lives as seen through Art and Poetry”, by Peggy Parker, St George's Episcopal Church, 915 N. Oakland St.

OUTREACH

Is this not the fast I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke?

Is it not to share your bread with the hungry, and bring the homeless poor into your own house, and when you see the naked, to cover them,

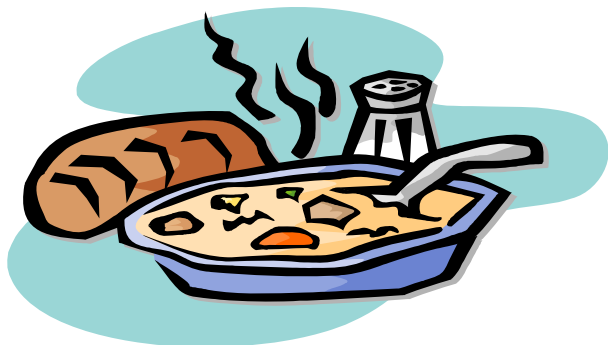
And not to hide yourself from your own kin? (Isa. 58: 6,7)

We therefore invite you to a Holy Lent: beginning with your observance of Ash Wednesday, and continuing with Sunday worship, daily prayer, 6:30 a.m. Wednesday Holy Eucharist, 11:00 a.m. Thursday Healing Service, 7:00 p.m. Stations of the Cross on Fridays, Region 3 Lenten Suppers & Studies each Tuesday evening, Repair & CleanUp Day, Quiet Morning on Saturday, April 2nd...
Check the calendar for more.

And, we invite you to step outside your comfort zone this Lent – to Come and See – by choosing one thing to participate in this Lent that you have never done before: either in reaching out to our greater community – or by reaching in:

- ✠ Join the Arlington Street People's Assistance Network Bagged Meals crew on Ash Wednesday morning, March 9th, and on April 13th, at 9:30 a.m. making bagged meals, or join the Delivery Crew on both days at 5:30 p.m. to distribute the meals at two Arlington locations...
- ✠ **Come into St. Mary's kitchen on Thursday, April 14th at 9:30 a.m. for our Inaugural In-House "Meals that Heal" cooking event. Bring prayers & ingredients to make meals that will be frozen and delivered to St. Mary's families in need of a 'lil help...**
- ✠ Sign up for "Rebuilding Together" on Saturday, April 30th...
- ✠ Join the St. Mary's VOICE Core Team to help advance affordable housing, access to health care and fair treatment of immigrants (talk with Fr. Tim or Deacon MB).
- ✠ **Make sandwiches for underemployed Day Laborers at the Shirlington Employment and Education Center... many dates available...**
- ✠ Pray for Haiti, and for the people of the school & parish of St. Martin de Tours...
- ✠ Attend the Outreach Committee Meeting on Tuesday, March 15th at 7:30 p.m....
- ✠ Spend some time with our Offender's Aid and Restoration Life-Coaching Team, helping an ex-offender toward a healthy life...
- ✠ Pray for the people of the Sudan; South and North...
- ✠ Give thought and prayer toward going on a Mission Trip this summer...

- ✠ Gather up Children's books & clothes for the Arlington Pediatric Center...
- ✠ Volunteer an hour or two in our new partnership with Samaritan Ministry's Arlington Office...
- ✠ Come help organize the Mid-Atlantic Gleaning Network's Warehouse on Saturday, April 9th...
- ✠ Join the So Other Might Eat Cooking (SOME) Crew at 6:00 a.m. on Monday, April 4th, or join the Serving Crew at 6:45 a.m....
- ✠ Deliver a Prayer Shawl to *anyone* in need of prayer and a visit...
Join a Bible Study... heck, *start* a Bible Study...
- ✠ Offer a non-driving person a ride to church...
- ✠ Bring a Lenten goodie to church on Sunday mornings and help out our "Entertaining Angels" Ministry of Hospitality...
- ✠ Get to know a newcomer to St. Mary's...
- ✠ Spend some time in silence each day...
- ✠ Pray the Daily Office: www.dailyoffice.org
- ✠ Share your Lenten ideas: office@stmarysarlington.org



URGENT: Meals that Heal Needs Your Help

St. Mary's vital ministry of Meals that Heal is in great need of renewed leadership RIGHT NOW. Many faithful people have cooked and delivered meals to hundreds of parishioners over more than 15 years, but recently, this important work is being done by just a few. Food made and delivered in love, and in a time of need goes way beyond addressing mere hunger. It is soul food. You are needed man or woman. Contact the Rev. Deacon Mary Beth at marybeth.emerson@stmarysarlington.org or Necolle Eimas at nc.eimas@verizon.net

Calendar Page

Click the Calendar link on
www.stmarysarlington.org
for the most up-to-date schedule of
events here at St. Mary's
or simply click
[here](#)

**Copy and paste this URL into your browser if the link doesn't
connect you:**

<http://www.mychurchevents.com/calendar/calendar.aspx?ci=G1L6M7M7G1F0N8N8H2>

Wed., March 2	7:00 p.m.	Sr. High Guys
Wed., March 2	7:00-8:30 p.m.	Sr. High Women
Sun., March 6	Ice Skating at Keller Ice Rink / St. Peter's <i>Godspell</i> production	
Tues., March 8	6:00 p.m.	Shrove Tuesday/Pancake Supper
Wed., March 9	5:45 p.m.	Children's Liturgy with Ashes
Thurs., March 10	7:00 p.m.	Parent's Support Group at the Poth's House
Sat., March 12	10:00 a.m.-2:00 p.m.	Dioceses of VA Youth Day of Service at Trinity
Sun., March 13	12:30 p.m.	Youth Council
Wed., March 16	7:00 p.m.	Jr. High Guys/Jr. High Girls
Sat., March 19	9:00 a.m.-12:00 p.m.	Lenten Repair & Clean Up Day
Sun., March 20	12:30-2:00 p.m.	Sr. High Women
Wed., March 23	7:00 p.m.	Sr. High Guys
Sun., March 27	6:00 p.m.	Pizza with a Purpose: The Rev. Gideon Pollach

ST. MARY'S YOUTH ROCKS!!

It was Saturday night at St. Mary's! Here's Matt Centers, our youth minister's, recap of that glorious night: Squeaky feedback.

November Rain. Testing, testing. All of these sounds along with the clanging of symbols and the banging of drums erupted from the Paca Parish Hall during the first Battle of the Bands at St. Mary's in February. The event was attended by a mix of about 60 of our youth, their friends, and their families, all with one purpose. To rock. There was music of all styles: jazz, funk, heavy metal, new wave, no wave, a cappella, and everything in between. It is amazing to see the level of talent that the youth of St. Mary's is able to offer and it is great to know that they can rock hard.



Prayer Shawl Ministry

They are tweeded and cabled, red and sunshine yellow, deep blue or autumn-hued and they are steeped in prayer and made with great love. Draped over stopped shoulders, held for dear life, they are an outward and visible sign of a deep inward and spiritual grace and connection. They are the prayer shawls made by our Prayer Shawl Ministers and given to the sick, the hospitalized, the grieving and others in need of prayer and community. Each shawl, prayed over during its making, prayed over before delivery and often prayed over at bed or chair-side, has this written prayer attached:

May this gift, made with love, be a mantle and a sign of God's healing presence,
 And may it strengthen you when you are weary.
 May it surround you and ease your suffering.
 May it encircle you with caring when you are in pain.
 May it comfort you when you feel alone.
 May it remind you of God's abiding love.

Amen.

Your St. Mary's Family



Many prayer shawls were made and given this past year to members, friends and strangers, each one a tangible connection to God's grace and love. For more information or to become a knitter yourself, contact Sue Whittier (703) 237-0567 or at SusanJWhittier@gmail.com

20s & 30s —March Events

Not Your Mother's Bible Study: Thursday March 10--7 p.m.--Virginia Square Cosi. Come chew on the Gospel of the week with young Episcopalians from around the region. For more information, contact Stefan Awad at stefanawad@gmail.com.

The 20s/30s Community enters Lent with Reel Christianity. Join the 20s/30s Community for a two-part journey through the Passion, Crucifixion, and Resurrection of Jesus Christ as presented through film by world-renowned director Franco Zeffirelli. The first event will be Sunday, March 13, 2011, from 6 pm - 7pm, in the Parish Library/Vestry. The first session will focus on moments from Jesus' Ministry through the Triumphal Entry into Jerusalem. The second session, which will be held on Palm Sunday (April 17 at the same time and location)), will focus on the arrest, trial, crucifixion and resurrection of Christ. For more information please contact Jackie Wright (jacqueline.a.wright@gmail.com;) or Grant Ambrose (tambrose@vts.edu)

Jesús Salon meets on Sunday, March 27, from 6:00-7:30 p.m. In observance of Lent, we'll take a break from our usual routine. Instead of drinks and a speaker after dinner, we'll head upstairs to walk a labyrinth and explore this ancient form of prayer. Please bring your curiosity and a dish to share. For more information, contact the Rev. Anne Turner at anne.turner@stmarysarlington.org.

Choral Evensong: The Beauty of Holiness

Sunday, March 6, 5:00 p.m.

Sung by St. Mary's Choir of Men & Women

The choral music for this service is drawn from modern British church music composers. The canticles (*Magnificat* and *Nunc dimittis*) were written by Kenneth Leighton, who before his death in 1988 wrote many choir and organ pieces which are sung in cathedrals and parishes throughout his native England and the United States. His Second Service contains his characteristic rhythmic drive and moments of otherworldly transcendence. The anthem, "Alleluia psallat" is by William Mathias, a Welshman whose most famous commission was for the royal wedding of Prince and Princess of Wales in 1981. These exciting and sometimes turbulent works by Leighton and Mathias are contrasted with the gentle and refreshing restraint of the music of Peter Aston and Philip Radcliffe. The psalm is harmonized by Aston who has written prolifically for church choirs and is now Emeritus Professor of composition at [University of East Anglia](http://www.universityofeastanglia.ac.uk). Philip Radcliffe, who was lecturer at King's College, Cambridge for his entire career, wrote the simple but elegant setting of Preces and Responses for Choral Evensong. Come enjoy "the beauty of holiness" at Choral Evensong. Reception following.

Compline: Prayers for the Day's End

Sunday, March 20, 9:00 p.m.

Sung by St. Mary's Schola



Save the Date—April 30th—Rebuilding Together

Rebuilding Together is gearing up for the season, so mark your calendars; the event date this year is Saturday, April 30. What is Rebuilding Together? Rebuilding Together Arlington, Fairfax, Falls Church provides critical home repairs, accessibility modifications and energy upgrades to homes of seniors, persons with disabilities, and families in need. Once again, the St. Joseph's Ministry will lead St. Mary's participation in the annual event, and initial planning has already begun! We want you to be a part of this exciting and transformative day of service. All skill levels are welcome; you don't have to be a master craftsman, just willing to lend a hand. If you just don't feel comfortable working in construction, there are always lots of other opportunities to support the effort in communications, organization, hospitality, and other tasks. This is a great annual event full of fellowship and service. For more information on the program or our effort please call, contact, hunt down at coffee hour, or email Dave Fletcher (Fletcher@randcc.com), Barb Sheffer (Barb.Sheffer@nmcrs.org), or Jane Shafran. (Jane.Shafran@stmarysarlington.org).

St. Mary's Episcopal Church

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Bishop of the

Diocese of Virginia	The Rt. Rev. Shannon S. Johnston
Rector	The Rev. Andrew T. P. Merrow
Assistant to the Rector	The Rev. Tim Malone
Assistant to the Rector	The Rev. Anne Turner
Assistant to the Rector	The Rev. John Runkle
Priest Associate	The Rev. Kate Sonderegger
Seminarian	Grant Ambrose
Seminarian	Andrew Terry
Music Minister	Gregory Hooker
Youth Minister	Matt Centers
Church School Supt.	Claudia Boswell
Treasurer	Bob Waters
Asst. Treasurers	Fred Barrett Susan Wojcik
Administrator	Pam Frick
Assistant Administrator	Patricia Klintberg
Outreach Coordinator	The Rev. MaryBeth Emerson
Facilities Manager	Jane Shafran

2010 Vestry

Steve Bevis, Senior Warden
Carolyn Boswell, Junior Warden
Chris Eimas
John Franklin
John Keith
Lynette McCracken
Deana Platt
Parks Shackelford
Dennis Sawyer
Gordon Thomas
Paul Wojcik
Diane Wright, Registrar

Diocesan Council and Region III (Arlington) Lay Delegates:

Steve Bevis
Mike Gilliland
John Keith

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