

January 2025
Messenger

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



OPENING THE DOOR TO 2025

**Parish Life Together
in the New Year**
by Father Andrew

The Art of Blessing
by Canon Victoria Heard
Let Us Welcome. . .
by Rev. Janettarose+

**Jumpstart Your
Faith In 2025!**
by Jackie Ly

A Vestry Missive
by Colleen Mason

Christmas Pageant
Photo Recap



Parish Life Together in the New Year

by The Reverend Andrew T.P. Merrow, Rector

Dear Friends,

January is traditionally the time of year when resolutions are made to change the trajectory of our lives. Studies repeatedly demonstrate that, like most diets we undertake, the needle moves very little. Could part of the reason for that lack of progress be that we tend to skip the admittedly painful step of wrestling with why we need a course correction? I have always maintained that criticism is not an inherently bad thing if two factors are in place: the first is that the criticism is offered from a position of knowledge, experience or wisdom, and the second is that the criticism comes from a place of love.

There is a lot to like about our parish and our life together. It is precisely because of that overall health that now is an appropriate time to reflect on where we might be coming up a little short or missing a ministry opportunity. The Vestry will be meeting on a day-long retreat at the end of the month with a trained consultant to take stock of where we are and, with my retirement on the horizon, how God would have us look toward the rest of 2025 and beyond. I am grateful that the Rev. Janet Rose Greene will continue her ministry as Associate and that the Rev. Victoria Heard has agreed to increase her position to half-time through June 30th of this year. In addition, the Vestry is currently interviewing two candidates for the position of Interim Rector to begin in early

May. We also have a search committee, ably chaired by Mike Whatley, looking for an additional ordained leader to join our team. We are getting closer to calling a Finance Manager so our staff is in solid shape. I am so grateful to Janet Tasker for returning to her position and filling in while this search is underway. I am also grateful that the

Vestry has elected Gordon Thomas to join David Mayhood and Suzanne Stroup as Trustees of the parish, filling Peg Marsh's spot with her move to North Carolina. (Each parish in the Diocese of Virginia has three Trustees who are entrusted with holding the legal title to properties on behalf of the Bishop. For our parish they also form a majority of the Board of our St. Mary's Foundation.)

In other words, we are doing what we need to do. That said, however, where are areas of our common life that could be strengthened or revitalized?

I have a couple of thoughts. With the leadership of parishioner Rosanna Esposito, we are looking at how visitors and new members are welcomed and grafted into the life of our community. Maybe you have experiences or ideas that could help continue the building of beloved community for all of us. Maybe you would like to invest some sweat equity in turning it into reality. Likewise, the outpouring of love and prayer for Henry Hotra and his family after his injury (he is making steady progress, God be praised) reminds us that pastoral care is not only the responsibility of all of us in an emergency (not just the clergy) but an ongoing



need in all our lives. Transportation, meals, prayers, companionship are things taken for granted, until they're no longer in place or readily available. How do we ensure that we stay connected and supported?

The Foundation for Belonging classes set for four Sundays beginning in January are not only meant for persons wanting to join the Episcopal Church through baptism or confirmation when Bishop Harris visits in February. Anyone who wants to step back and again ask how best to serve God and the world as a disciple of Jesus might find this small investment of

time useful before plunging ahead with a new resolution to improve themselves.

No one ever gets it completely right. No parish ever gets it completely right. But if the journey together is marked by faithfulness and hard work, it is remarkable the fruit that the Holy Spirit yields in and through us.

May the Peace of the Lord always be with you.

Faithfully,

Father Andrew



THE NEW BLUE FRONTAL SET

for Advent was given by the church in thanksgiving for Father Merrow's 40 years of ministry at St. Mary's. Memorial funds were used to purchase the set.

Submitted by Margaret Boswell, Altar Guild

Mitten Tree

Thank you St. Mary's for your robust donation of over 140 gloves and mittens to our Mitten Tree! With help from students Janie Malloy and Caroline Haynes and the Outreach Committee, we were able to donate pairs to Iglesia Santa Maria, Doorways for Women and Families, PathForward and Virginia Hospital Center. This donation drive ensures our neighbors stay warm this winter and we appreciate your generosity.

- Jackie Ly



Above: Jackie Ly (left), and High School Youth, Janie Maloy (center) and Caroline Haynes (right) are leaders for the Mitten Drive.

Fr. Andrew's 40th St. Mary's Christmas



December 2024

Advent Clean Up Day

Once again, St. Joseph's Ministry did not disappoint with their tenacity and dedication. They were 30 strong on Saturday morning, Dec. 14th to clean pews, rake leaves, and perform many other "cleans and fixes," drink coffee and enjoy some fellowship time! Together they accomplished a lot in just a few hours - readying the church facility for Advent and Christmas. THANK YOU to all who helped!!

Advent Mart

The Advent Mart was a wonderful time again this year with a packed house at both coffee hours on Dec. 15th. Vendors, most of whom are Outreach partners with St. Mary's, sold handcrafted items. Thank you to all who helped to make this a success. BIG Kudos to Kate Muth who led the way this year!



Advent Lessons & Carols



The Advent Lessons and Carols Choral Eucharist was performed on Sunday evening, December 15th at 5 pm and was followed by a reception in Paca Hall. This year Dr. Gregory Hooker, Music Minister coordinated with Marymount University Singers and their Director, Dr. Kimberly Hess to provide an enhanced musical

offering that we hope becomes tradition. The reception was hosted by Gretel Lynch and the hospitality team.

A delightful evening was enjoyed by all.

CONTENTS

- 2 | Parish Life Together in the New Year
by Father Andrew Merrow
- 3 | The New Blue Frontal Set
by Margaret Boswell, Altar Guild
- 4 | Mitten Tree Recap *by Jackie Ly*
| Advent Mart Recap *by Andrea Meier*
- 5 | Advent Lessons & Carols Recap
by Andrea Meier
- 6 | Greening the Church
by Joanne Swain, Flower Guild
- 7 | Christmas Pageant Photo Recap
by Andrea Meier
- 8 | Jumpstart Your Faith in 2025!
by Jackie Ly
- 10 | Mission Trip *by Jackie Ly*
- 11 | Music Notes
by Dr. Gregory Hooker.
- 12 | The Lectionary: Year C
by Rev. Janettarose Greene
- 13 | The Art of Blessing
by Rev. Canon Victoria Heard
- 14 | Let Us Welcome
by Rev. Janettarose Greene
- 16 | A Vestry Missive *by Colleen Mason*
- 17 | Thank you St. Mary's
by Rev. Janettarose Greene
- 18 | Eve of the Epiphany Feast of Lights
January 5
- 19 | Vespers on January 31
Message from Creation Care
- 20 | Foundations of Faith
- 21 | Walking the Mourner's Pat
Home Blessings on January 6
- 22 | Calendar Dates

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Greening the Church



Like pieces of a puzzle, members of the Flower Guild take flowers and greenery and fit them together to make the church beautiful for Christmas Eve. It was a special feeling on that particular Monday afternoon, Dec. 23 with the anticipation of Christmas in the air! Thank you flower guild ministry leaders, Joanne Swain and Deb Leonard, and all the flower guild members for your tireless work and creative dedication and to all those who made generous flower donations in honor of loved ones this year.

Preparing for the Pageant . . .



The Children's Christmas Pageant on December 24th



"And a little child shall lead them." Isaiah 11:6



Thank you children and volunteers for helping us tell the Christmas story with such joy and enthusiasm this year!

Jumpstart Your Faith in 2025!

by Jackie Ly, Youth and Family Formation Minister

Anyone who works in education like I do or who has children in school knows that the academic year sometimes feels more like the start and end of a year than the church year that began on December 1st (Advent One), or the calendar year which begins January 1st. Whether you are a “New Year’s Resolutions” person or not, and whether this time of year feels like a season of renewal and goal setting for you or not, I have some suggestions that you might consider to jumpstart your faith in 2025.

ATTEND THIS YEAR’S MISSION TRIP

1

If you are in 8th grade or older, you are eligible and so very wanted to attend this year’s Sr. High mission trip to New Bern, NC, June 22-28, 2025! The week helping repair homes damaged by

Hurricane Florence is an incredible way to witness to God’s people that they are not forgotten, and it does something for each one of us who has attended before, too. We are changed by our experience, and hope you’ll consider being a student participant OR an adult chaperone.

Deadline for student registrations is January 15, 2025. Forms can be found in the Merrow Fellowship Center or by emailing me

(Jackie.ly@stmarysarlington.org).



JOIN CONFIRMATION CLASS

2

If you are in 8th-10th grade, consider joining our next class for Confirmation into the Episcopal

Church. You will find it’s a powerful and fulfilling process, beginning with a March 14-16, 2025 retreat at Shrine Mont, and followed by 2nd and 4th Tuesday evening classes through the school year. Adults are welcome as overnight chaperones and as mentors who support a student through this chapter of their faith journey. More information is coming! If you are in 11th grade or older, you might prefer to take advantage of our Foundations of Faith series offered in January and February to prepare for our Bishop’s visitation.

3

SUNDAY MORNING MINISTRY

If you find yourself struggling to get up on Sunday mornings and worship with St. Mary's family, I encourage you to consider joining a Sunday morning ministry like greeting, newcomers, coffee hour preparation, or volunteer with our Children's Chapel, all once a month opportunities that will jumpstart your day. Your gifts and talents can help us do ministry better!

4

NEW PRAYER PRACTICE

Explore a new prayer practice that feels right to you- maybe it's praying for your own needs or those of others while cooling down after a workout. You might prefer to set aside time before you get too tired to try a daily examen or review of your day, highlighting what went well, where you fell short, and where God was in your midst. Our Book of Common Prayer has many prayers to pray, as well as short liturgies.

5

BIBLE STUDY

I intend to do more personal bible study in 2025, for my own growth and so that I can share what I learn and wonder about with our young people. I am considering several devotional programs that help me go deeper into scripture, so feel free to ask me about how it's going, and let us hold each other accountable!

I offer you a prayer for New Year's, based on a prayer by Traci Smith in "Faithful Families for Advent and Christmas."

Gracious God, the year changes, but God's love stays the same. We wonder what might happen this year, in our world, in our community, and within our church. We wonder how we might grow more connected to you, God, and to one another. We wonder if we have it in us to start a new faith practice or jumpstart an old one this year. No matter what this new year brings, one thing will be true: God will be with us each and every day. We start the new year with joy and hope, wrapped in your love and strengthened by our faith. Amen.



Youth Mission Trip for current
8th-12th Grade students,
June 22-28, 2025, New Bern, NC



Register by Jan. 15th
\$450/student

Adult Chaperones Needed!
?'s Contact Jackie Ly





MUSIC NOTES

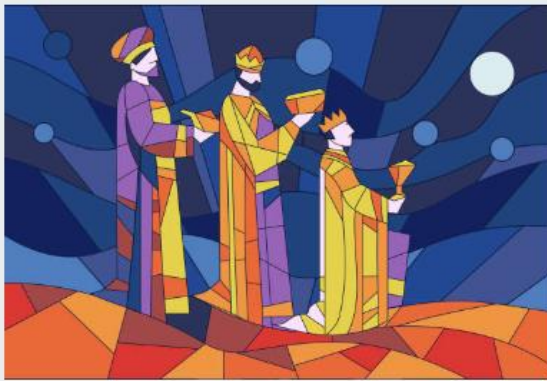
by Gregory Hooker, Music Minister

Eve of Epiphany

Feast of Lights

Sunday, January 5, 5:00 pm

St. Mary's Youth and St. Mary's Choir will lead this joyful conclusion to the Christmas season. The drama of the Epiphany will be re-enacted through readings, carols and with the colorful costuming of the Three Kings in procession. A reception will follow.



Candlemas Choral Eucharist

Sunday, February 2, 5:00 pm

Candlemas is a Christian feast day that celebrates the presentation of Jesus in the Temple of Jerusalem. It is celebrated on February 2, 40 days after Christmas, and is also known as a festival of light with the blessing of candles. The Nunc Dimittis (the canticle sung at Choral Evensong), comes from when Simeon's wish was fulfilled when he met the Messiah in the temple. (Luke 2:25-38).

Hymn for Epiphany

Hymn No. 788

(Wonder, Love & Praise)

As newborn stars were
stirred to song

This hymn was commissioned by the San Francisco Chapter of the American Guild of Organists in 1995. The text by Carl Daw contains examples about great moments of song throughout scripture. The winning tune in a competition was written by John Karl Hirten and named for his wife Alexandra. It is fitting for the season of Epiphany with its reference to stars and the third verse mention of the Word taking flesh, but could be sung at any time of year except Lent.

Hymn No. 788, Vs. 3

When God's redeeming Word took flesh
to make salvation sure, unheeding hearts
attuned to strife refused love's overture.
Yet to the end the song went on; a
supper's parting hymn, a psalm intoned
on dying lips when sun and hope grew
dim.

THE LECTIONARY: YEAR C

by Rev. Janettarose+

Lectionaries intend to provide for the church over a given period (usually three years). Large units of Scripture are arranged according to the seasons of the Christian year and selected because they carry the central message of the Bible. Lectionaries are not designed to limit one's message or restrict the preacher's freedom. On the contrary, denominations that use a lectionary usually hear more Scripture in worship than those that do not. I can attest that preaching from the lectionary stretches me into areas of reflection and action more than if I had been left to preach only from my personal preferences.

Our lectionary is an ordered system for reading the Holy Scriptures at the Eucharist and the Daily Offices. The Book of Common Prayer (BCP) contains two lectionaries: The eucharistic lectionary (BCP, pgs. 887 – 931) and the Daily Office lectionary (BCP, pgs. 933-1001). The Prayer Book lectionary is based on the lectionary developed in the Roman Catholic Church following Vatican II.

The BCP lectionary uses a three-year cycle called Years A, B, and C. We are currently in Year C, which began on the First Sunday of Advent. The Daily Office lectionary follows a two-year cycle. We are currently in Year 1, which also started on the First Sunday of Advent (i.e., preceding the odd-numbered year). In the eucharistic lectionary, the Gospel According to Matthew is read in Year A, Mark in Year B, and Luke in Year C. The Gospel According to John is used during Lent and Easter and on some Sundays in Year B since Mark is shorter than the other.

References

Anscar J. Chupungco, ed., Handbook for Liturgical Studies: Introduction to Liturgy. (Minnesota: The Liturgical Press, 1997).

J. G. Davies, ed., The New Westminster Dictionary of Liturgy and Worship. (Philadelphia: The Westminster Press, 1986).

Charles P. Price and Louis Weil, Liturgy for Living. (New York: The Seabury Press, 1979).

What does connectedness look like for you in the New Year & how will you go about achieving it?

Staff Christmas Luncheon



The St. Mary's staff enjoyed a bit of merry making at a Christmas Luncheon on Dec. 17th with a white elephant exchange. Fr. Andrew's December birthday was also celebrated with a lovely, surprise carrot cake.

The Art of Blessing

by The Rev. Canon Victoria Heard



Yesterday I went to visit someone in the hospital. As I walked down the hall, I came from behind upon a nurse with beautiful braided grey hair that tumbled down her back like a waterfall. I told her it was beautiful. She was startled, and smiled, and ever so slightly straightened her shoulders. I was intentional. I meant to give her a blessing.

I grew up in a secular house where praise was relatively rare and the conveyed concept of duty was strong. One did well because it was one's duty to do well. Words of praise were rare. Reading C.S. Lewis, I became a Christian as a child - but still lived by the rules of my dutybound family. When I experienced a call to the priesthood, I knew that priests blessed, but I had no idea what that meant. I learned little more in seminary. Of course, I learned the "ABCs" of ordained priests: that they could absolve and bless and consecrate; but I do not recall a single explanation of what a priest was doing by blessing, much less what lay persons were doing beyond expressing gratitude at dinner. I did note that in the South, "Bless his heart," meant a number of things.

I believed what the Church believed, but understood nothing of what I was doing when I, newly ordained, was first asked to 'bless the people'. What could I as a mortal, priest though I was, add to God's blessing of God's creation? I suspected, 'Nothing.'

"... some years later that I began to understand that the act of blessing changes things."

It was not until some years later that I began to understand that the act of blessing changes things, rather like the actions of Adam of

naming creatures in Creation. God had created the animals and blessed them, but in a subordinate action of co-creation, Adam names the creatures - identifying them.

God made the world good, but then God invites human-kind to name what is already made and blessed. When priests and bishops bless, we rearm and name the goodness or beauty or grace of someone or something in creation. It is a benediction, literally from the Latin: we speak out the good. However, non-ordained Christians as part of the priestly people of God do the same thing when they ask God's blessing on their dinner or give their blessing to their children or thank someone who has done them a kindness by saying "Bless you."

Intentionally practicing blessing as a spiritual habit changes one's perception of the world. I have learned that if I complement someone on a job well done, or admire the style of their hair - I bring a blessing to the action, or to a person, or name the quiet courtesy I saw offered to another. I find myself more grateful to God that goodness and beauty and grace are still abroad to be seen and named. I see the Holy Spirit breathing on all sorts of human activity. I become more aware that I am part of the Body of Christ, and as such, I am charged to see, name, and bless goodness or grace or courage when I meet it - as Elizabeth did, when she blessed Mary (Luke 1:42), or Jesus did when he blessed Peter for discerning the truth (Matthew 16:17).

"Intentionally practicing blessing as a spiritual habit changes one's perception of the world."

"... I am charged to see, name, and bless goodness or grace or

As the body of Christ, Christians are called to be the priestly people, to name and bless all the goodness, truth, courage, kindness and beauty that they see in the world. Our naming and blessing changes things.

Think of a time when someone named something you did or were. It made you more... yourself, a little happier, or surprised, or glad to be noticed. Priest or people, when we bless or praise, we name and arm the beauty or kindness or justice or truth to a world and people hungry for all those things.

Canon Victoria Heard is part-time Priest Associate at St. Mary's. She attended VTS and was ordained in 1983. She recently retired to Virginia after serving the past 20 years in the Diocese of Dallas.



HOME BLESSINGS | JANUARY 6

Available 9 am - 5 pm

Members of the household and friends can assemble in the home's living room for a short service that includes a collect, one or more readings from scripture, and an invocation that God will be present in the home.

Sign Up on Parish Hub by Noon, Fri., Jan. 4.

Let Us Welcome . . .

The Faith Filled Families Leadership Team

Who have explored Children's Spirituality & Christian Parenting

by Rev. Janettarose Greene

Friends, please join me in welcoming Rev. Dr. Missouri McPhee and Mrs. Donna Sweeting to St. Mary's on Sunday, January 19, 2025. This dynamic duo applied for a \$50k grant that the Lilly Foundation turned into a \$1.25M grant to explore children's spirituality and Christian parenting.



Rev. Dr. Missouri McPhee

Rev. Dr. McPhee will preach at our 8:00 am and 10:00 am Holy Eucharist services, and Mrs. Sweeting will present on their collaboration and findings during the 9:00 am Forum Hour.

The Reverend Dr. Missouri L. McPhee, MACE, MDiv, DHLit, DMin, BCCC, CPC, CCTP, FT, CDP, HICS a native of Nassau, Bahamas, is an ordained Itinerant Elder in the African Methodist Episcopal ("AME") Church. She serves as the Chair of the Board of Examiners and the Chief Conference Secretary for the Central Annual Conference in the Eleventh Episcopal District of the AME Church. Dr. McPhee also serves as the Secretary for the Eleventh Episcopal District's Board of Christian Education and Administrative Assistant to Presiding Elder Henry L. Postell II and the North Orlando District. She volunteers as the

Chaplain for the Central Florida Council of Boy Scouts of America (BSA) and holds a seat on the Boy Scouts of America National Religious Relations Committee. On July 1, 2022, Dr. McPhee was appointed the Connectional Director of Boy Scouts for the AME Church, making her the first female to hold the position since the Association of African Methodist Episcopal Scouts (AAMES) inception in 1993.

Dr. McPhee is a hospice Chaplain, Board Certified Thanatologist, Board Certified Clinical Chaplain & Pastoral Counselor. She has extensive training in trauma, critical incident stress management (CISM), grief & bereavement, bioethics, end-of-life care, and dementia. She was intricately involved in the Pulse Night Club Shooting (Orlando, FL), rendering bereavement services to the families of the victims as well as to law enforcement in the aftermath. Dr. McPhee is considered a frontline worker, intricately involved in caring for COVID-19 patients, families, and medical and clinical staff.

Additionally, Dr. McPhee coordinates the Faith-filled Families Initiative at Virginia Theological Seminary, Alexandria, VA, a

*Dr. McPhee coordinates the
Faith-filled Families Initiative at
Virginia Theological Seminary,
Alexandria, VA*

\$1.25-million-dollar grant initiative from the Lilly Endowment Inc. to research children's spirituality. She is also a guest columnist for The Christian Recorder, The Orlando Sentinel, and Modern Health. Dr. McPhee is the very proud parent of her teenage son, Jacob III, an Eagle Scout and college freshman. They reside in Sanford, FL, with their beloved dog, Hank.



Donna K. Sweeting

Donna K. Sweeting has dedicated her career to serving the needs of her community through various roles in education, social work, and faith leadership. She serves as Project Director at Virginia Theological Seminary of a 1.25-million-dollar Lilly Endowment Inc. Christian Parenting Grant awarded in 2022 to the Seminary.

Before her work at Virginia Theological Seminary, Donna served as Parish Administrator at the Historic St James Episcopal Church in Baltimore, Maryland. She played a critical role

“She played a critical role in facilitating the church’s understanding of the importance of welcoming children into the church.”

in facilitating the church’s understanding of the importance of welcoming children into the church.

Donna has held leadership positions at several non-profit organizations. As Director of Programs for MOMS – Mothers of Murdered Sons and Daughters, she organized and managed programs for family survivors of homicide victims in Baltimore, Maryland, and surrounding counties. As Vice President of Programs for Tonier Cain International, Inc., she is responsible for developing programs for the trauma survivors served through this nonprofit. She has also worked as a volunteer mediator at

Community Mediation of Maryland, guiding parties through an informed process to identify issues and generate resolutions. Additionally, she served as CEO of DS Connections, Inc., where she directed a team of case managers who assisted persons in the community diagnosed with mental illness.

Donna was the Director of several Christian preschool programs and Director of Youth Ministry for Mt Olive African Methodist Episcopal Church in Orlando, Florida. She now serves as Director of Children's Ministry and Executive Assistant to the Pastor at her church, Wayman African Methodist Episcopal Church, in Baltimore, Maryland. She was part of the design committee for creating the Big Way of Love for Kids, a formation resource for children and their beloved communities created by the Episcopal Church. Donna currently serves on the Equity Audit Committee for the Godly Play Foundation.

Donna holds a BA in Criminal Justice from the University of Florida and an MA in Practical Theology from Virginia Theological Seminary. She is married to Attorney James Sweeting, III, and is the mother of two sons and two daughters. She is also a proud grandmother to Bowie, Cairo, and James V.

Throughout her career, Donna has remained a steadfast advocate for children, mental health awareness, and trauma-informed care within religious settings, embodying a deep commitment to improving the lives of others through compassion and community service.



The Rev. Dr. Missouri McPhee & Donna K. Sweeting will be at St. Mary’s on January 19.

A VESTRY MISSIVE

by Colleen Mason, Sr. Warden

As we enter the season of Epiphany, the Vestry is looking into the year ahead. We have an all day retreat planned for Saturday January 25th at Virginia Theological Seminary. Our retreat leader is Rev. Jennifer McKenzie from Church Re-Imagined. (churchreimagined.net). The purpose of the retreat is to gain a better understanding of Saint Mary's current identity, culture, needs, and strengths in the face of Father Merrow's retirement. This information will be valuable as we hire an interim rector and continue transition work as a parish.

During the coming months Vestry plans to focus on small group ministries as a way to continue strengthening relationships within the parish. We plan to work with clergy and staff to engage new parishioners and bring everyone into the fold of the parish through formation, ministry work, and caring for one another. This work is critical for us at this time as we continue to greet newcomers each week and grow as a community.

In February, Vestry will kick off an interest meeting to begin planning for the parish's 100th Anniversary in 2026. We will be looking to parishioners from all the ministries to be included in the planning. Please consider how you would like to be part of commemorating Saint Mary's.

Vestry continues to plan for opportunities for the parish to celebrate Father Merrow's serving as rector for the past four decades. On March 5, Ash Wednesday, Father Merrow celebrates his 40th Anniversary serving as rector at Saint Mary's. We plan to celebrate on Shrove Tuesday with a festive

pancake supper. On Friday May 2, we will celebrate Father Merrow's retirement with a lively gathering of old and new parishioners at the Hendry House in Arlington (located at 2411 N. 24th St., Arlington, VA 22207.)

We look forward to continuing serving Saint Mary's during this exciting time of transition. We have hope and faith in what lies ahead for Saint Mary's because each of you continue to inspire us in our shared love for God and our church community.

Colleen Mason is in her third year serving St. Mary's as Senior Warden and has been a devoted member with her family since 2000. She enjoys paddle boarding, cooking, entertaining friends and family and is a regular worshipper at the outdoor Wilderness Service.

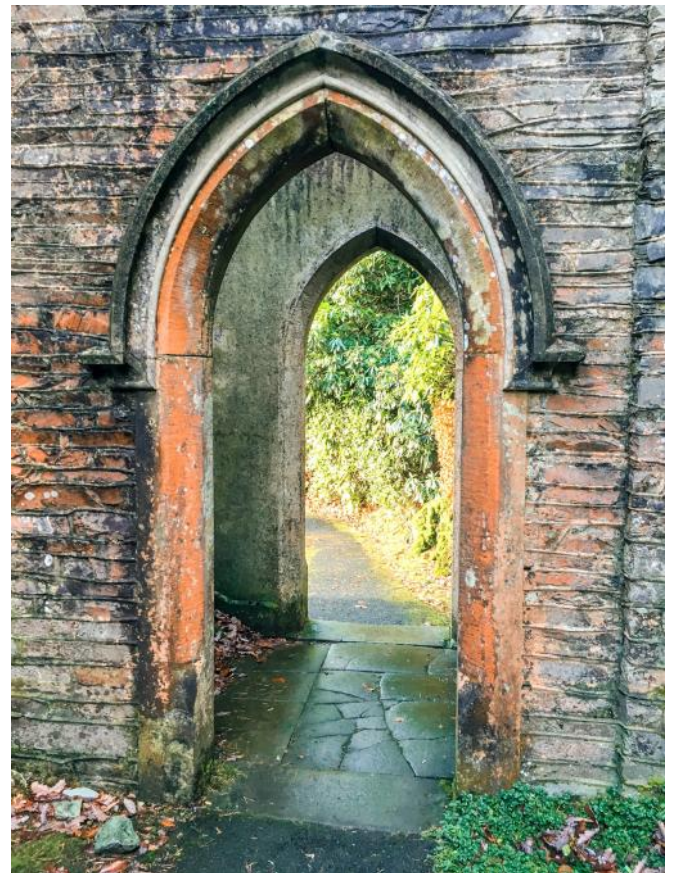


Photo: churchreimagined.net

CONGRATULATIONS



Fr. Andrew announced that Greg Williams, seminarian was ordained a Deacon into Christ's, One, Holy, Catholic, and Apostolic Church (of which the Episcopal Church is one of the traditions) at Christ Church, Cincinnati, Ohio on December 7.

THANK YOU SAINT MARY'S

by The Rev. Janettarose Greene

Friends, we are on our way to fulfilling our pledge to donate 100 pounds of pull tabs to the Ronald McDonald House. On Thursday, December 19, Derek Greten-Harrison and I dropped off our donation to the Falls Church Ronald McDonald House. We were warmly greeted by staff and families who will benefit from your generosity and sacrifice. Our donation of 16.2 pounds (20,525 tabs) of pull tabs was the largest single donation the Falls Church RMH had ever received. It will go towards helping them expand their housing capacity for sick children and their families.

God bless you!



Rev. Janettarose Greene and Derek Greten-Harrison, Parish Admin. pose with Ronald McDonald who is holding the 16.2 pounds of pull tabs in front of the Ronald McDonald House.

— THE — PRAYER CORNER

Episcopal Collect for Epiphany

O God, by the leading of a star you manifested your only Son to the peoples of the earth:

Lead us, who know you now by faith, to your presence, where we may see your glory face to face;

Through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. BCP

Be Our Daily Star An Epiphany Prayer

God of all heaven and earth, From the breath of your love came the creation of the world.

We are amazed at the vast beauty of the night sky and at the intimate nature of the love you have for us your children.

Be our daily star,

Guiding our lives to search for kingdom love.

May we always follow your light of truth in all that we do,

Forever trusting, hoping and believing in your word.

Lift our eyes tonight to see your eternal life shining brightly,

Leading us home. Amen.

Have a favorite prayer you'd like to share?

*Submit to Andrea
by the 20th of the Month.
andrea.meier@stmarysarlington.org*

*Eve of Epiphany
Feast of Lights
Sunday, January 5, 5:00 pm*

St. Mary's Youth and St. Mary's Choir
will lead this joyful conclusion
to the Christmas season.
The drama of the Epiphany
will be re-enacted through readings,
carols and colorful costuming of
the Three Kings in procession.
A reception will follow.

St. Mary's Episcopal Church • 2609 N. Glebe Road • Arlington, VA 22207 • 703.527.6800 • office@stmarysarlington.org • stmarysarlington.org

*Candlemas Choral Eucharist
Sunday, February 2 at 5 pm*

Chili Cook Off follows at 6 pm



Candlemas is a Christian feast day that celebrates
the presentation of
Jesus in the Temple of Jerusalem.

It is celebrated on February 2,
forty days after Christmas, and is also known
as a festival of light with the blessing of candles.
The Nunc Dimitis (the canticle sung at Choral Evensong),
comes from when Simeon's wish was fulfilled
when he met the Messiah in the temple (Luke 2:25-38).



Dinner proceeds benefit the Youth
Mission Trip to do hurricane relief
work in New Bern, NC this summer!

Chili

COOK OFF

**SUNDAY, FEB. 2ND
CANDLEMAS @5PM
DINNER @6PM**

CHILD/YOUTH DINNER TICKET: \$10
ADULT DINNER TICKET: \$25
FAMILY MAX DINNER TICKET: \$75
\$10 FOR 10 EXTRA VOTES
\$20 FOR 25 EXTRA VOTES

Several batches of chili, sides and dessert will
be served by youth cooking teams. Cast your
vote (and purchase extra votes for your favorite)
so that we can award a golden ladle to the
winning team!
Purchase tickets in advance online

Reserve Tickets today!



St. Mary's Episcopal Church
2609 N. Glebe Rd, Arlington, VA 22207
www.stmarysarlington.org

V E S P E R S

featuring St. Mary's band, The Wild

is planned for January 31, 2025 in Paca Hall

**"Let my prayer be set forth in your sight as incense,
the lifting up of my hands as the evening sacrifice." (Ps 141.2)**

What are vespers? Vespers are the early evening office of prayer in the church. The term "vespers" is from the Latin word for "evening." Lucernarium (lamp or lamp-lighting time) was an early name for vespers. The practice of Evening prayer dates from the third century. It is mentioned by Tertullian and in the Apostolic Tradition of Hippolytus. During the fourth to sixth centuries, evening service took the form of vespers. Vespers has also been called the evening sacrifice of prayer.



Join us for Evening Vespers - Featuring the St. Mary's Wild Band, for a festive evening filled with great people, music, poetry, and prayers. For more information contact Rev. Janettarose+.

Date: Friday, January 31, 2025

Time: 6:30 PM - 8:00 PM

Location: The Parish Hall

A free will offering is appreciated

A MESSAGE FROM CREATION CARE OF THE EPISCOPAL DIOCESE OF VIRGINIA



The Recording of "Reflections on Hurricane Katrina with Bishop Stevenson" on youtube on the Diocese website or scan the qr code (upper rt).

Below is the Mission of the Spiritual Resilience Working Group (SRWG) of the Diocesan Creation Care Committee (CCC). They welcomes your feedback at creationcare@episcopalvirginia.org.

Many people feel overwhelmed by the enormity of our environmental challenges. This is a place where the Church is called to be present. Worship and prayer are pathways for celebrating God's creation. They are also vehicles for lament, confession, supplication, healing and hope. This working group is dedicated to developing ministry responses to this experience and engaging Episcopalians in a conversation around it.

The Spiritual Resilience Working Group seeks to:

1. Offer opportunities to seminarians, clergy, and lay people to learn about creation care and climate change; provide support as they initiate discussion in their parishes.
2. Encourage each parish to provide opportunities for celebration of God's gift of creation.
3. Encourage each parish to provide ways for parishioners to recognize emotions in the face of climate crisis, to offer channels for lament and expression of loss and grief.
4. Encourage each parish to evaluate its level of preparedness for a climate event and to establish a Resilience/Rapid Response Ministry.

- Kathy Ellis, Chair SRW



Join the Ministry of Shrine Mont Camps

Feel called to the mountain this summer? Join Shrine Mont Camps through one of these three ministry opportunities.

CAMPS JOB FAIR
January 4, 10a-2p
St. James's,
Richmond & Online
Shrine Mont Camps is hiring camp staff for summer 2025!

- Leadership roles (camp directors, assistant directors, program directors, camping directors, triads, intercamp "Vienna" staff)
- Counselors (paid counselors; in-cabin and out-of-cabin-counselors.)

[Check out the Diocese of Virginia Website](#) for more information.

FOUNDATIONS OF FAITH CLASS OFFERED JAN/FEB 2025



Come and reflect on your faith within the community of St. Mary's.

SUNDAYS IN 2025

- January 12
- January 26
- February 2
- February 9

11:30 AM- 1 PM

All those in the 11th grade or older are welcome to attend to learn more about their faith & the Episcopal Church. Those interested in being received, confirmed or baptized when Bishop Harris visits on February 23, 2025 should plan on attending.



REGISTER ON PARISH HUB



2025



Walking the Mourner's Path Grief Support Group

This group is a wonderful way to connect with others who are experiencing loss in a safe, confidential, and life-giving way. Through eight weeks of workshops, you will share about your loved one and hear from others about how to journey through loss with the help of a community.

February 2, 2-3:30 pm
St. Mary's Chapel

February 9, 2-3:30 pm on Zoom

February 16, 2-3:30 pm on Zoom

February 23, 2-3:30 pm on Zoom

March 2, 2-3:30 pm
St. Mary's Chapel

March 9, 2-3:30 pm on Zoom

March 16, 2-3:30 pm on Zoom

March 23, 2-3:30 pm
St. Mary's Chapel



The cost to participate is \$25 to cover workbook materials.
Scholarships are available.
www.stmarysarlington.org/wtmp

Direct workshop and registration questions to Jackie Ly,
Youth and Family Formation Minister (jackie.ly@stmarysarlington.org),
or Rev. Janettarose Greene (janettarose@stmarysarlington.org).

HOME BLESSINGS

Available 9 am - 5 pm
January 6

Members of the household and friends can assemble in the home's living room for a short service that includes a collect, one or more readings from scripture, and an invocation asking God to be present in the home.

Scan QR code or
[Sign Up on Parish Hub](#)
by Noon, Fri., Jan. 4.



St. Mary's Wishes You a Very
HAPPY NEW YEAR

2025



Celebrate
Holy Eucharist at
St. Mary's at 10:30 am
on New Year's Day!





The last Wilderness Service of 2024 was held December 15th at Zachary Taylor Park. Canon Heard preached and celebrated Holy Eucharist. Eleven souls braved the cold weather and Garine Adams and Dana Martin played guitar.

photo by Andrea Meier

See you in 2025!

MIDWEEK SERVICES

ALL YEAR

TUESDAY

Noon Day Prayer, Chapel
7:30 pm, Centering Prayer
(1st & 3rd, Chapel
2nd & 4th, Zoom)

WEDNESDAY

7 am, Holy Eucharist

THURSDAY

11 am, Healing and
Holy Eucharist

The **ADULT FORUM SCHEDULE** for Winter/Spring is being worked out.

Wilderness Church

Meets at Zachary
Taylor Park

JANUARY

- Jan. 1 Holy Name Day**
Holy Eucharist at 10:30 am
Church Offices closed
Happy New Year!
- Jan. 2** 11 am, Holy Eucharist
- Jan. 5 Christmas II**
8 am, Holy Eucharist, said
9 am, Sunday School/Youth Formation
Coffee hour & Adult Formation
10 am, Holy Eucharist w/music
10:15 am, Wilderness Church at Park
11 am, Coffee hour
5 pm, Eve of Epiphany, Feast of Lights
with Youth & St. Mary's Choir
- Jan. 12 The 1st Sunday after the Epiphany**
8 am, Holy Eucharist, said
9 am, Adult Forum
Shrine Mont/Mission Trip Prez
10 am, Holy Eucharist w/music
11 am, Coffee hour
11:30 am-1pm, Foundations of Faith
5 pm, Holy Eucharist, said
- Jan. 19 The 2nd Sunday after the Epiphany**
8 am, Holy Eucharist, said
9 am, Adult Forum
Donna Sweeting on Parenting
10 am, Holy Baptism with Holy Eucharist
w/music
10:15 am, Wilderness Church at Park
11 am, Baptism Reception | Coffee hour
11:30 am-1pm, Foundations of Faith
5 pm, Holy Eucharist, said
- Jan. 20** MLK Day, Offices Closed

- Jan. 26 The 3rd Sunday after the Epiphany**
8 am, Holy Eucharist, said
9 am, Sunday School/Youth Formation
Coffee hour & Adult Formation
10 am, Holy Eucharist w/music
11 am, Coffee hour
11:30 am-1pm, Foundations of Faith
5 pm, Holy Eucharist, said

FEBRUARY

- Feb. 2 The 4th Sunday after the Epiphany**
8 am, Holy Eucharist, said
9 am, Sunday School/Youth Formation
Coffee hour & Adult Formation
10 am, Holy Eucharist w/music
10:15 am, Wilderness Church at Park
11 am, Coffee hour
11:30 am-1pm, Foundations of Faith
2 pm - 3:30 pm, WTMP (1st of 8)
5 pm, Candelmas Choral Eucharist
6 pm, Chili Cookoff
- Feb. 9 The 5th Sunday after the Epiphany**
8 am, Holy Eucharist, said
9 am, Sunday School/Youth Formation
Coffee hour & Adult Formation
10 am, Holy Eucharist w/music
11 am, Coffee hour
11:30 am-1pm, Foundations of Faith
5 pm, Holy Eucharist, said
- Feb. 16 The 6th Sunday after the Epiphany**
8 am, Holy Eucharist, said
9 am, Sunday School/Youth Formation
Coffee hour & Adult Formation
10 am, Holy Eucharist w/music
10:15 am, Wilderness Church at Park
11 am, Coffee hour
5 pm, Holy Eucharist, said
- Feb. 17 President's Day, Offices Closed
- Feb. 22 Rehearsal for Bishop's Visit
- Feb. 23 The 7th Sunday after the Epiphany**
Bishop Gayle Harrison Visits St. Mary's for
Receptions, Baptism & Confirmation
8 am, Holy Eucharist, said
9 am, Sunday School/Youth Formation
Coffee hour & Adult Formation
10 am, Holy Eucharist w/music
11 am, Bishop's Reception
with Cake at Coffee hour
5 pm, Holy Eucharist, said

MARCH

- Mar. 2 The 8th Sunday after the Epiphany**
 8 am, Holy Eucharist, said
 9 am, Sunday School/Youth Formation
 Coffee hour & Adult Formation
 10 am, Holy Eucharist w/music
 10:15 am, Wilderness Church
 11 am, Coffee hour
 5 pm, Choral Evensong
- Mar. 4 Shrove Tuesday**
 Celebrate Fr. Andrew's
 40th year serving St. Mary's
 More plans to be announced
- Mar. 5 Ash Wednesday**
 7 am Holy Eucharist, Chapel
 Noon, Imposition of Ashes
 5:45 pm, Family Service with
 imposition of ashes
 6:30 pm, Family Dinner (Paca)
 7:30 pm, Imposition of Ashes
- Mar. 7 5 pm, Stations of the Cross**
- Mar. 9 The 1st Sunday of Lent**
 8 am, Holy Eucharist, said
 9 am, Sunday School/Youth Formation
 Coffee hour & Adult Formation
 10 am, Holy Eucharist w/music
 11:15 am, Luau Reception for
 Jackie Ly and Adrian Vigil
 5 pm, Holy Eucharist, said
- Mar. 14 5 pm, Stations of the Cross**
- Mar. Confirmation Retreat at Shrine Mont 14-16**
- Mar. 16 The 2nd Sunday of Lent**
 8 am, Holy Eucharist, said
 9 am, Sunday School/Youth Formation
 Coffee hour & Adult Formation
 10 am, Holy Eucharist w/music
 10:15 am, Wilderness Church
 11 am, Coffee hour
 5 pm, Holy Eucharist, said
- Mar. 21 5 pm, Stations of the Cross**
- Mar. Middle School Diocesan Retreat at Shrine Mont 21-23**
- Mar. 23 The 3rd Sunday of Lent**
 8 am, Holy Eucharist, said
 9 am, Sunday School/Youth Formation
 Coffee hour & Adult Formation
 10 am, Holy Eucharist w/music
 11 am, Coffee hour
 5 pm, Holy Eucharist, said

Mar. 28 5 pm, Stations of the Cross

- Mar. 30 The 4th Sunday of Lent**
 8 am, Holy Eucharist, said
 9 am, Sunday School/Youth Formation
 Coffee hour & Adult Formation
 10 am, Holy Eucharist w/music
 11 am, Coffee hour
 5 pm, Holy Eucharist, said

APRIL

- Apr. 6 The 5th Sunday of Lent**
 8 am, Holy Eucharist, said
 9 am, Sunday School/Youth Formation
 Coffee hour & Adult Formation
 10 am, Holy Eucharist w/music
 10:15 am, Wilderness Church
 11 am, Coffee hour
 5 pm, Choral Evensong
- Apr. 13 Palm Sunday**
 8 am, Holy Eucharist, said
 9 am, Sunday School/Youth Formation
 Coffee hour & Adult Formation
 10 am, Holy Eucharist w/music
 10:15 am, Wilderness Service at Park
 11 am, Coffee hour
 5 pm, Holy Eucharist, said
- Apr. 14-16 8 pm, Tenebrae**
- Apr. 17 Maundy Thursday,**
 7:30 pm - 9 pm,
 followed by all night vigil
- Apr. 18 Good Friday,**
 7 am, Noon-3pm,
 5:45 pm Family Service, 7:30 pm
- Apr. 19 Holy Saturday**
 9 am, Proper Liturgy followed by
 Communion Preparation Class
- Apr. 20 Easter Sunday**
 5:30 am, Easter Vigil
 8:30 am, Family Service in Paca Hall
 9:30 am, Holy Eucharist
 11:30 am, Holy Eucharist
- Apr. 26 Rebuilding Together, 8am-4pm
- Apr. 27 The 2nd Sunday of Easter**
 8 am, Holy Eucharist, said
 9 am, Sunday School/Youth Formation
ANNUAL MEETING (Paca)
 10 am, Holy Eucharist w/music
 11 am, Coffee hour
 5 pm, Holy Eucharist, said

SAVE THE DATE

Father Andrew Merrow's
 RETIREMENT PARTY
 FRIDAY, MAY 2, 2025



MAY

- May 2 Fr. Andrew's Retirement Party**
 6:30 pm– 8:30 pm
 The Hendry House
 2411 N. 24th St.
 Arlington, VA 22207
- May 4 The 3rd Sunday of Easter**
Father Andrew's last Sunday
 8 am, Holy Eucharist, said
 10 am, Holy Eucharist w/music
 11 am, Coffee hour
 5 pm, Choral Evensong
- May 11 The 4th Sunday of Easter**
 8 am, Holy Eucharist, said
 10 am, Holy Eucharist w/music
 11 am, Coffee hour
 5 pm, Holy Eucharist, said
- May 18 The 5th Sunday of Easter**
 8 am, Holy Eucharist, said
 10 am, Holy Eucharist w/music
 YOUTH SUNDAY
 10:15 am, Wilderness Church
 11 am, Coffee hour
 5 pm, Holy Eucharist, said
- May 25 The 6th Sunday of Easter**
 8 am, Holy Eucharist, said
 10 am, Holy Eucharist w/music
 11 am, Coffee hour
 5 pm, Holy Eucharist, said



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**The Rev. Canon Victoria Heard,
Part-time Associate to the Rector**
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THE DIOCESE OF VIRGINIA

The Right Reverend E. Mark Stevenson
Bishop of Virginia

The Right Reverend Gayle Elizabeth Harris
Assistant Bishop of Virginia

The Right Reverend James Joseph "Bud" Shand
Visiting Bishop

ST MARY'S VESTRY

Colleen Mason (2025) *Sr. Warden*

Chris Jennings (2026) *Jr. Warden*

David Smith (2025) *Register*

Jim Bicksel (2025)

Alec Hicks (2026)

Melissa Wiley (2026)

Michael Devine (2027)

Campbell Hutton (2027)

Suzanne Stroup (2027)



Thank you for your Pledge

Thank you to all who have made a financial pledge to St. Mary's for 2025. We hope that all of our parishioners are called to pledge and support the ministries of St. Mary's including our 25% commitment to outreach in the community. If you have not yet made your pledge, please take time to prayerfully consider what you can contribute for next year. You may make your pledge online at www.stmarysarlington.org/pledge or submit a pledge card to the church.

