

March 2025
Messenger



St. Mary's
Arlington

Worship · Outreach · Family · Care

Lenten Movie
Series
Coming soon!

The Gift of Lent

By Father Andrew

Choral Evensong

followed by

Art Gallery Opening

Mary As Theotokos

Part II

By Rev. Janettarose

Confirmation Recap

Lenten Offerings:

Labyrinth

Reconciliation

Quiet Day

Phillipians Study

Forgiveness Series

Stations of the Cross

Sung Compline

Clean Up Day

Prayer for the Nation

Lenten Meditation

And more



Confirmation Class of 2025

THE GIFT OF LENT

By The Reverend Andrew T.P. Merron, Rector

Dear Friends,

With the season of Lent starting on March 5th I thought it might be helpful to share in greater detail why the period from Ash Wednesday to Easter is so important to me and to so many others. I fear that in the minds of many the season of Lent has become little more than an enforced period of deprivation of one sort or another. No chocolate, no booze, no fun but maybe I will drop a pound or two. Let me suggest a couple of reasons that Episcopalians and other Christians throughout the centuries have found keeping a holy Lent such a gift.

Because the date of Ash Wednesday moves around from year to year, we are forced to

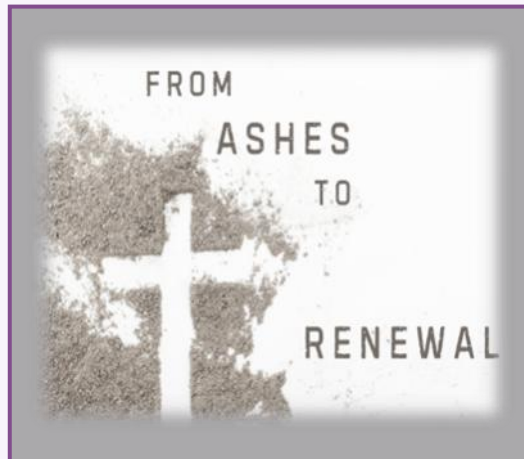
“... we are forced to remember that life comes at us rather than our being able to dictate the pace and course of our life.”

remember that life comes at us rather than our being able to dictate the pace and course of our life. That day of obligation (meaning we need to be in church on Ash Wednesday) helps to focus our attention that each of us has only a finite amount of time in this transitory life and that we do not know when God will call us home. Our calendar is not God’s calendar. The other day of obligation throughout these 40 days (Good Friday) tragically reminds us that life truly is “nasty, brutish, and short” without God’s intervention.

Speaking of 40 days, one of the gifts of Lent is that it is a manageable length of time to try some-

thing new. Check out one of the many kinds of Lenten offerings- from Ted Lasso to saying your individual confession, from wrestling with Scripture to wrestling with depression, from the Quiet Morning to learning more about St. Mary’s history, from Stations of the Cross at 5 pm on Fridays to fellowship after the Wednesday 7am Eucharist. Remember as well that we at St. Mary’s have three traditions that most Episcopal churches do not embrace. The first is the short

“... it is a manageable length of time to try something new...”



office of Tenebrae the first 3 nights of Holy Week beginning at 8 pm in the evening. As the light slowly expires, we read the Psalms back and forth knowing that the approaching death of our Savior is not the last word even as words fail us when confronting the mystery of life and death, sin and forgiveness. The second is the all-night Maundy Thursday vigil in which we keep

watch with Jesus the night before he is crucified. In half hour shifts we do communally what we cannot do individually. With a security guard on the premises in silence we pray until relieved by the next person who too struggles to be a real disciple of our Lord. And finally,

“... we do communally what we cannot do individually.”

the Great Vigil of Easter at 5:30 am, early on Easter morning when the Scriptures tell us “At dawn” the women went to the tomb finding it empty. The Resurrection is supposed to disrupt and fundamentally change the way we engage with time, the way that we engage with life.

“The purpose of Lent is to get our “real” self in shape . . .”

The purpose of Lent is to get our “real” self in shape by the time we get to Easter. It usually is uncomfortable to get in better physical shape. Why would a spiritual tune-up be different? Lent isn’t necessarily about giving something up or taking something on.

It is about using this season to recognize and receive the Holy Spirit working in us leading us to a place we might not have anticipated. God is never going to let us go and God is never going to let us become complacent. Each of us is unique and what we might need to address this Lent could be totally different from what we needed last Lent. The point is that this year the starting line is March 5th . Will you be present when the 40-day race begins? Let me leave you with some good news. Some years I personally have kept a holy Lent and some years I haven’t. What is always true, however, is that Jesus successfully finished the race, so Easter always comes for every one of us.

May the Peace of the Lord always be with you.

Faithfully,

Father Andrew




Mardi Gras and



SHROVE TUESDAY &
Pancake
MARCH 4
Supper!

Time: 5:45 pm & 6:30 pm
Two seatings, Sign Up on Hub
Place: Paca Hall
Suggested Donation:
\$5 per person | \$15 for a family





Ash
WEDNESDAY
services
March 5

7:00 am
Noon
5:45 pm
7:30 pm

St. Mary's
Catholic Church

Lenten
Quiet Day
March 29



9 am to Noon

Led by Father Andrew Merrow
Register on the Parish Hub
Theme is Psalm 46:
God is our strength, a very present help in trouble.

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O give thanks unto the LORD; for he is good:
for his mercy endureth forever. Psalm 136

Confirmation cover photo by Jackie Ly

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St. Mary's Prepares to Celebrate Father Andrew Merrow!

By Suzanne Stroup, Vestry

Please mark your calendars for these important events:

SHROVE TUESDAY, MARCH 4, 2025:

All are welcome to join the Mardi Gras-themed Shrove Tuesday Pancake Supper on Tuesday, March 4. Pancake supper and fixings, along with Cajun delicacies, will be served to you by your Vestry.

We'll also honor Father Merrow on the eve of his 40th anniversary with St. Mary's.

Suggested donation \$5 per person, \$15 per family. Two seatings are offered: 5:45 pm and 6:30 pm.

Please sign up using  or on the hub.

ASH WEDNESDAY, MARCH 5, 2025:

Please plan to attend one of several Ash Wednesday services offered to begin the season of Lent and be with Father Merrow as he leads the parish in worship on his actual anniversary.

FATHER MERROW'S RETIREMENT PARTY INVITATION:

In the weeks ahead, please look out for your invitation to Father Merrow's retirement party scheduled for May 2, 2025. All parishioners are encouraged to join the celebration, so mark your calendars now! Information related to the party, the worship schedule for his last Sunday, and many other important details will be available through the invitation and RSVP.

A LENTEN MEDITATION:

What language shall I borrow to thank thee, Dearest Friend?

By Dr. Gregory Hooker

Paraphrasing hymn writer Paul Gerhardt in his heart rending Holy Week hymn “O Sacred Head, now wounded,” what is the language that we use to thank Jesus for his life and passion of love? For me the answer is any language that communicates the depths of our feeling in a way that requires something of us to create and offer back to God. The musical language or languages that we use in worship can come from a variety of sources, times and places, but what unites them all is an authenticity between the music and the words that enhances our prayers, articulates our praise and enriches our proclamation of the Word.

When music stands alone apart from words, it expresses more of an inward sense of how the music and our ideas about God, church and prayer intersect. This intersection is inevitably more personal and subjective than music with a text that coordinates with the scripture readings of the day. But because of the abstract nature of instrumental music we are free to explore, contemplate and imagine how God is at work within us.

There are points at which these two contrasting ideas - music in support of a text and music that is free from concrete ideas - can overlap. When we repeat, “Alleluia”, or when the organ interjects its own message as commentary into a text sung by the choir, in many ways this is the moment we often yearn for in music: When the sung word takes us to a place beyond words, where God himself is present with us, not with a word of comfort or rebuke, but simply with us.

In our desire for this union with God we must not mistake the musical experience for a sacrament. God is present with us continually through the gift of the Holy Spirit at our Baptism. We meet Christ in the Eucharist. We speak to God in prayer with or without the aid of music. The mode is not to be worshipped. It is the means by which we exercise our devotion, thanksgiving and sacrifice to the One who has devoted, blessed and given so much to us.

Choral Evensong Sunday, March 2, 5 pm

By Dr. Gregory Hooker

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 with composers from the English tradition including Jessica French, Charles Villiers Stanford, Simon Lindley and Bernard Rose. Come support the choir and receive the spiritual blessing of Choral Evensong followed by the opening of the new Art Exhibit and reception in Merrow Fellowship Center.



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

CHORAL EVENSONG

Music by Jessica French
Bernard Rose, C.V. Stanford
and Simon Lindley

Dr. Gregory Hooker, Director of Music
The Reverend Andrew T.P. Merrow, Officiant
Matt Gabay, Organist
Sung by the St. Mary's Choir

Sunday, March 2, 2024 • 5 pm
With Art Show Opening and Reception at 6 pm

2609 N. Glebe Rd., Arlington, VA 22207 | stmarysarlington.org



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

art committee
presents

Celebrating Mary through
Image and Word

An All Parish Exhibition
Opening Reception
Merrow Fellowship Center
March 2nd at 6 pm

Lenten Offerings

WHAT TED LASSO AND DON HENLEY CAN TEACH ABOUT FORGIVENESS

Wednesday Evenings
MARCH 26 & APRIL 2
7-8:15 PM

Led by The Rev. David Fikes

In the two-paragraph invitation to the observance of a Holy Lent, (BCP p.264-5), the notion of penitence, pardon, absolution and forgiveness are alluded to no less than nine times. This repetition serves to not-so-subtly remind us that forgiveness is core to our faith. But, in truth, what do we really know about forgiveness – how to extend it and how to receive it? What are the factors, qualities, and actions that should be present and what must be present for it to be effective? Believing we can learn better when we see it in action, join in an exploration of two different pieces of pop culture, Ted Lasso and Don Henley, John David Souther, and Mike Campbell’s song “Heart of the Matter” to see how the holy work of forgiveness is graphically portrayed and what these treatments can teach us about this fundamental but ever-so difficult aspect of our faith.

While not mandatory, viewing the episode and listening to the song prior to each session will contribute to a more informed discussion.

- March 26 – Analysis of forgiveness as portrayed in *Ted Lasso*: Ted and Rebecca (Season 1, Episode 9)
- April 2 - Analysis of song “Heart of the Matter” from Don Henley CD/album *The End of Innocence*



Signing up helps us with room and AV set up, thank you!

EPISTLE TO THE PHILIPPIANS LENTEN BIBLE STUDY HYBRID WITH CANON VICTORIA HEARD

Written from prison, probably at the end of St. Paul’s life, this short letter to the Christians in Philippi is loving and full of hope and joy. Join an in-depth discussion of the letter on Sundays following the 10 am service from 11:30 am to 1 pm for 5 weeks. Hybrid (in-person with Zoom option).

Sign up on Parish Hub or Scan QR code for Sign Up Genius.

Sundays from 11:30 am-1 pm



March 9
March 16
March 2
March 30
April 6

WITH SIGHS TOO DEEP FOR WORDS:

GRACE AND DEPRESSION

Led by Rosanna Esposito

A Lenten Reflection and Discussion Group inspired by the book, *With Sighs Too Deep for Words: Grace and Depression* written by Bishop A. Robert Hirschfeld. The book will help guide our reflections and discussions on faith and mental illness. Facilitated by Rosanna Esposito, St. Mary’s Minister of Community Life.

Confidential Sign Up on Parish Hub, in Realm or scan QR code.

Wednesdays from 7-8:15 pm

March 12
March 19
March 26
April 2



LENTEN

BOOK RECOMMENDATION

from Dr. Gregory Hooker, Music Minister

Every Valley: The Desperate Lives and Troubled Times That Made Handel’s Messiah by Charles King, pub. Doubleday


If one were to name the most well-known and well-beloved English language choral piece of all time, it would almost surely be the “Hallelujah” chorus from Handel’s *Messiah*. This ageless work of beauty, narrative, triumph and hope comes out of circumstances not unlike our own: a time of unrest, turmoil and enormous change. A new book by King explores the social, political and personal contexts of the people in Handel’s circle who contributed to his enduring work *Messiah*. There are stories that draw upon the connections between *Gulliver’s Travels*, the Medicis, the English court and many other threads that made life for Handel and his contemporaries much more interesting and precarious than I had previously imagined. The author colorfully and seamlessly carries the reader through the travails and wonders of Georgian London to discover the providential work that guided the master in giving the world its greatest English language large-scale choral work. Whether you are new to the music of *Messiah* or an old friend, you will enjoy learning about its background and find a deeper appreciation of its message of hope in the message and person of The Messiah, Jesus Christ.



PARISH HUB
QR CODE
to use for any &
all Lenten event
Sign Ups

Lenten Offerings

WEDNESDAY MORNINGS
HOLY EUCHARIST AT 7:00 AM
followed by coffee & fellowship
 Consider committing to this discipline on Wednesdays during Lent.

 **FRIDAYS AT 5:00 PM**
DURING LENT
Stations of the Cross
 Join others in journeying through the stations of the cross in the Nave each Friday in Lent.

LABYRINTH IN PACA HALL
MARCH 29 - APRIL 12
9 AM - 5 PM, Mon-Fri
1 PM - 4 PM, Sat & Sun
 Labyrinth prayer is a contemplative spiritual discipline on a simple marked path based on the ancient practice of pilgrimage.

CHILDREN

Children will continue their Sunday School Lessons using the chosen curriculum for Lent.

JR. & SR. HIGH YOUTH GROUP

Meets March 19 & April 12
 The Middle School Diocesan Retreat at Shrine Mont is March 21-23. Sign up by March 7th.

ASH WEDNESDAY FAMILY DINNER AT 6:30 PM



Sign Up for
 Ash Wed.
 Family
 Dinner
 Here

PATHWAYS TO PRAYER A LENTEN EXPERIENCE INCLUDES SUNG COMPLINE SUNDAY, APRIL 6 7-8:30 PM

Continue your Lenten Journey with prayer practices and worship! From 7-8:30 pm engage in individual prayer using a labyrinth, the stations of the cross and several ancient prayer practices. Conclude the evening with a sung compline worship from 8-8:30 pm in the candlelit nave sung by St. Mary's Schola.

LENTEN MOVIES

Coming Soon to Paca Hall
 Lenten Movie Series - Stay Tuned!

MARCH 4 SHROVE TUESDAY

Celebrate Fr. Andrew's 40th year serving St. Mary's!
 Pancake Supper & Mardi Gras specialties cooked up by Vestry.
5:45 and 6:30 pm seatings
 Register on the Parish Hub

MARCH 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)
 RSVP on the Parish Hub
 7:30 pm Imposition of Ashes

*SUNDAYS IN LENT

MARCH 9 1st Sun in Lent
MARCH 16 2nd Sun in Lent
MARCH 23 3rd Sun in Lent
MARCH 30 4th Sun in Lent
APRIL 6 5th Sun in Lent
***4:30-5 pm, pray for the Country**
 In the Chapel or from your home

LENTEN CLEAN-UP DAY MARCH 22 9 AM-NOON

Great for youth and families.
 Sign Up on Parish Hub

LENTEN QUIET DAY MARCH 29 9 AM-NOON

Led by Fr. Andrew
 Sign Up on Parish Hub

MARCH 30 & APRIL 6 SUNDAYS AT 9 AM

Faith Formation with Fr. Andrew on the Oral History of the Renewing of St. Mary's
Part I, Early Years
Part II, The Exile to Rivendell

APRIL 6 A LENTEN EXPERIENCE WITH SUNG COMPLINE 7-8:30 PM

APRIL 13 PALM SUNDAY

APRIL 14 TENEBRAE 8:00 pm

APRIL 15 TENEBRAE 8:00 pm

APRIL 16 TENEBRAE 8:00 pm

APRIL 17 MAUNDY THURSDAY

11 am Holy Eucharist with healing
 7:30 pm Maundy Thursday liturgy & stripping of the Altar, followed by all-night vigil with sign-up in the Narthex

APRIL 18 GOOD FRIDAY

7 am Good Friday liturgy
 12-3 pm Three Holy Hours
 5:45 pm Family Service
 7:30 pm Good Friday Liturgy

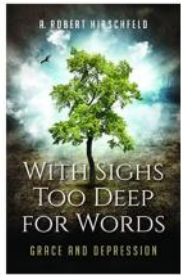
APRIL 19 HOLY SATURDAY

9 am Proper Liturgy followed by Communion Preparation Class

APRIL 20 EASTER SUNDAY

5:30 am Easter Vigil
 8:30 am Family Service (Paca)
 9:30 am Holy Eucharist
 11:30 am Holy Eucharist

Lenten Resources



WITH SIGHS TOO DEEP FOR WORDS: GRACE AND DEPRESSION

Led by Rosanna Esposito

“Signs too deep for words” is a phrase from the Bible, Romans 8:26. It refers to the Holy Spirit interceding for people when they don’t know how to pray.

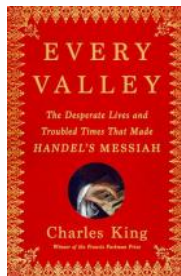
LENTEN BOOK RECOMMENDATION

from Dr. Gregory Hooker, Music Minister

Every Valley: The Desperate Lives and Troubled Times That Made Handel’s Messiah

by Charles King, pub. Doubleday.

Author’s website: charleskingauthor.com.



SERIES ON FORGIVENESS WITH REV. DAVID FIKES

The following song and video are recommended for watching before each class, respectively.

[Heart of the Matter Song](#)



[All Apologies Series 1, Episode 9](#)



STUDY WITH CANON VICTORIA HEARD



YOUTH AND FAMILIES

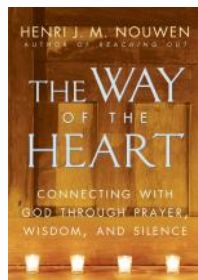
from Jackie Ly, Family and Youth Formation Minister



Pick up this Lenten Devotional for families, “Bread of Life” by Illustrated Ministry at St. Mary’s or email Jackie Ly to receive an electronic copy.

FRIDAY BOOK CLUB AT NOON

The Friday Noon Book Club has chosen Henri Nouwen’s *Way of the Heart: Connecting with God through Prayer, Wisdom and Silence* as its Lenten reading. We always welcome folk to join us, and in these stressful times, we need each other. So, come be with us for an hour. We meet virtually, so no traveling. Contact Joan Turkus for more information and the link. joan.turkus@verizon.net.



Confirmation

2025

Preparation



All photos by Jackie Ly



A year of preparing



Confirmation Feb. 23, 2025



Bishop Harris



PASTOR. SPY. ASSASSIN.

BONHOEFFER



Coming Soon to Paca Hall!



St. Mary's Lenten Labyrinth

By Rev. Janettarose L. Greene

We will have a cloth labyrinth
in Paca Hall from
Sat., March 29, thru Sat., April 12.

The labyrinth will be available:
9 am – 5 pm, Mon. thru Fri.,
1 pm – 4 pm, Sat. and Sun.

Finger labyrinths will also be available.

Labyrinth prayer is a contemplative spiritual discipline on a simple marked path based on the ancient practice of pilgrimage. On a pilgrimage, a pilgrim intentionally leaves the world, journeying away from the noise and distractions of life, eventually arrives and rests with Christ, and returns home to live more deliberately and obediently as a follower of Christ.

WALKING PRAYERS

Walking prayer, or walking meditation, provides several benefits. Walking meditation can help us concentrate on our prayers, and when we are distressed, it can be more relaxing than sitting.

Set a length of time for the prayer - fifteen minutes or more is optimum. Begin by asking God to guide your steps and direct your prayers. Remember that God's heart is filled with deep love and an intimate knowledge of each person or circumstance you will pray for.

Start walking slowly, listening for

God with your whole being as you move. Pay attention to your breath, body, heart, and mind. Whenever a person or situation comes to mind, hold it in your heart for a moment before releasing it to God's loving care. At the end of the prayer, give thanks to God.

WALKING A LABYRINTH

There is no right or wrong way to walk the labyrinth. It can be used for prayer, discernment, and healing. As you begin, it may be helpful to ask God what you need to hear from Him and then listen for an answer as you walk.



ON THE WAY IN:

Pray for yourself. You may also pray the Lord's Prayer or recite a familiar scripture. Release to God all that weighs you down or distracts you from the Divine path. The way in is a time of letting go. Move at your own pace toward the center. Let the words of the prayer stay with you. Ask God a question as you enter the path. Then, as you walk slowly through the twists and turns, listen for an answer. Let your steps and your silence invite the presence and guidance of God.

Start your journey to the center with a confession; you may want to visualize things you've done or left undone being left behind with every step you take. When you reach the center, journey out with

affirmation (perhaps visualizing yourself picking things up or putting things on—like the righteousness of Christ, the smile of the Father, the purity of the Holy Spirit, etc.). Pause at the exit and give thanks for your cleansing journey.

IN THE CENTER:

Sit, stand, or lie down. Rest and receive God's loving presence. Reflect on your relationship with God. Give thanks and praise for all God is doing in your life. Take as much time as you need. Lay down your burdens as you walk to the labyrinth's center (perhaps laying down pebbles along the way as symbols of your worries or cares). In the center, pause to thank God for taking your burdens on himself ([1 Peter 5:7](#)).

Then count your blessings and give thanks on the journey to the exit.

ON THE WAY OUT:

Return by the same path by which you came. This is a time of integrating whatever you received or learned and returning to the world. Pray for others that God's will is accomplished in their lives. As you complete the labyrinth, walk back into ordinary life, knowing that God goes with you.

CAST ALL YOUR
ANXIETY ON HIM
BECAUSE HE CARES
FOR YOU.
1 PETER 5:7

Finger Labyrinth



First Movement: Releasing (Confession)

Place your finger at the opening of the labyrinth. Pray silently or aloud a prayer of confession. When you are finished, slowly move your finger forward along the labyrinth. Quiet your mind as you move through the labyrinth. Make room for emotions and stirrings that arise. What needs to be changed, forgiven, cleared, confronted, or healed in your life? Offer these situations to God as you move forward.

Second Movement: Receiving (Centering)

When you reach the center, momentarily rest your finger before reading scripture. When you are ready, read the passage slowly, as if you have never read it before. Center on God's Word and be open to what God reveals through the reading. Return your finger to the labyrinth's center and reflect on the passage and what it holds for you.

Third Movement: Returning (Intercession)

As you leave the labyrinth, place your finger at the same opening in the center where you entered. Now lift up your intercessory prayers for the day, and when finished, move your finger back along the same path you entered. Let the intercessory prayers stay with you and add to them as you turn and move along the pattern back out of the labyrinth. Be mindful of people and circumstances in the world that are in need of your prayers. Hold each one in your heart for a part of the journey outward.

Lenten Labyrinth

Where: Paca Hall
Dates: Sat., March 29
thru Sat., Apr. 12
When: Mon. thru Fri.
9 am to 5 pm
Sat. & Sun.
1 pm - 4 pm

Finger labyrinths will be available.

When You Have Finished

As you lift your finger from the labyrinth's end, offer thanks to God. Adapted from the book *The Anknward Season: Prayers for Lent* by Pamela C. Hawkins, pgs. 111–112. Copyright © 2009 by Upper Room Books.



MARY AS THEOTOKOS

(Part II) Trauma and Recovery

Part I was published in the Feb. Messenger

By Rev. Janettarose L. Greene

Let us now delve into Mary's own human experience as Theotokos. As a young unmarried woman, she must have been shocked, embarrassed, and overwhelmed by visitations from angels that resulted in the Annunciation-Incarnation. She undoubtedly experienced trauma, a universal human condition that transcends time and culture. Psychiatry professor Mardi Horowitz defines traumatic events as those that cannot be assimilated with the victim's inner schemata of self in relation to the world. One can only imagine the emotional suffering Mary endured, as she would have been ostracized within her community for being unwed, pregnant, and telling an unbelievable story about how she came to be in this predicament.

In suddenly becoming pregnant, and with the sudden presence of another life growing inside her, Mary underwent a rupture of her body (Donnell, 168). Going further, theologians argue that Mary experienced the three classic ruptures of trauma: body, time, and cognition. As in Horowitz's definition of trauma, Mary can't explain what happened. Luke 1:34 tells us that Mary wonders aloud how she, a virgin, could be pregnant. Her cognition cannot keep pace with her experience. Her ability to articulate what has happened to her has failed. Theology professor Marcus Pound distinguishes between eternity and time. He highlights the rupture of time and our human existence. He says, The Incarnation is an event where the eternal constitutes a dramatic disturbance in the temporal order of things.

"The Incarnation is an event where the eternal constitutes a dramatic disturbance in the temporal order of things."

Like Mary, each of us bears witness to this trauma every time we experience one of the sacraments. Experiencing this trauma is not linked only to the



Eucharist and baptism; it is also present in our rites of initiation, where our old lives die, and we are born anew, as in baptism. Just as Mary's life was transformed by the Incarnation, our lives are transformed through the sacraments.

Mary teaches us how to recover from trauma. Donnell says it is evident that Mary experienced trauma and recovered from it, as would someone who has post-traumatic stress disorder (PTSD). Mary went through the five stages of PTSD recovery. Stage 1 is the impact or emergency which directly follows a

traumatic event. As Luke tells us, Mary struggles to grasp the magnitude of what happens to her. Stage 2 is described as numbing or the eerie calm that comes

"Mary went through the five stages of PTSD recovery."

over people when they don't become emotional about what has happened to them.

One could argue that Mary's Magnificat (Luke 1:46-55), when she says, "Behold I am a servant of the

Lord, let it be to me according to your word” (Luke 1:38) exemplifies her non-emotional response and acceptance of her call to service.

Stage 3 is the rescue stage, where the individual comes to terms with what has happened. Pope John Paul II said this was exhibited when she accepted that it was to be she who would bring the Messiah into the world. Stage 4 is the Intermediate Stage when an individual adjusts to returning to everyday life. At this stage, people can be humbled by an outpouring of love as they transition to a new level of acceptance and enjoy a more positive outlook on their situation. In Luke 1:39-56, Mary finds refuge, love, and acceptance at the home of her cousin Elizabeth. In this place of refuge, Mary reclaims her bodily integrity and identifies as one who is not a victim. She is transformed into a new person. Stage 5 is the long-term reconstruction or recovery stage, where people who have been traumatized develop coping mechanisms that enable them to look forward in their lives. Mary’s Magnificat demonstrates her new narrative of the trauma and suffering she has endured. She identifies herself as one who has received the favor of God and thanks God as the one who is blessed. Mary’s experience serves as a beacon of hope, showing that recovery from trauma is not only possible but can lead to a deeper connection with God.

We can apply Mary’s approach to trauma and suffering to our recovery

We can apply Mary’s approach to trauma and suffering to our recovery. The stages of trauma and Mary’s approach can serve as a healing roadmap. Intentionally engaging in the stages of recovery as Mary did begets a plan for our healing to occur. When we place the focus of the trauma and suffering of Christ on Mary and her body, the narrative changes to one of love. For it is Mary who offers up her body to become the flesh and blood of Christ. The somatic memory of this offering is repeated through Jesus’s table practices at the Last Supper. Mary, as a model of recovery, is not just a figure in the story but an integral part of our healing process. One could argue that Mary constitutes the human nature of her son, and because of this, she is inextricably linked to Him and us in love, trauma, and suffering.

“Mary’s life is a paradox of blessedness”

Mary’s life is a paradox of blessedness. Mary was blessed to be the mother of the Son of God. Yet the joy of her life would also be like a dagger in her heart when her son was crucified. We must remember that God doesn’t choose us to lay rose petals at our feet or to have everything go our way. God chooses us to use us for His purpose. Spanish poet Miguel de Unamuno said it best, “may God deny you peace and give you glory.” The paradox of blessedness binds us to Mary as Theotokos; like her, we receive God’s most incredible gift or joy and the greatest heartache or most challenging undertaking. We must strive to be like Mary and be receptive to God even when the situation seems untenable. Also, like Mary, we must recognize our worth and administer self-care when we are traumatized or suffering. We can learn This crucial aspect of recovery from Mary’s experience. Modeling Mary’s five trauma recovery stages can serve as an actionable plan for our healing journey.

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The Sacrament of Reconciliation

by Rev. Janettarose L. Greene

“When you approach the confessional, know this, that I Myself am waiting there for you. I am only hidden by the priest, but I Myself act in your soul.” ~ Jesus speaking to St. Faustina*

“Against you only have I sinned and done what is evil in your sight” (Ps. 51:4) is an individual petition contributed to King David after the prophet Nathan rebuked him for adultery and murder; it serves as a reminder to us that all humans, even the most revered, must ask God for forgiveness. Confession of sin during the liturgy is generally made by all the people. Friends, the church also provides confession of sin by individual penitents and for their absolution, pronounced by a bishop or priest. The Book of Common Prayer (BCP) provides two forms of service for the Reconciliation of a Penitent (pgs. 447, 449), which is also called penance and confession. The Reconciliation of a Penitent is one of the church's sacramental rites (BCP, 861). The secrecy of the confession is morally absolute for the bishop or priest who hears a private confession.

The church's ministry of reconciliation is from God, “who reconciled us to himself through Christ and has given us the ministry of reconciliation” (2 Cor 5:18). The ministry of reconciliation has been committed by Christ to the church. It is exercised through the care each of us as Christians has for others when we participate in our public acts of worship. While penance is optional, it is sincerely recommended. I think it safe to say that Jesus Christ came into the world to save sinners. The Greek word for save is “sôzô,” which also means “to heal.” Therefore, we can loudly proclaim that Jesus Christ came to heal sinners and to make us whole.

What if I live a respectable life and haven't committed any sins?

Friends, it is not good enough to be well-respected and well-liked; we are to be holy as God is holy, which means the light of Christ and the fire of the Holy Spirit should burn brightly within us. We are meant to be a light to nations (Acts 12:47, 1 Peter

2:9). We need all of God's grace to live into what we are truly called to be by virtue of our Baptisms. Failing that, I recommend you ask those who know and love you what they think you struggle with. The harm of sin is ultimately not in the act itself, but the damage caused by sin to one's relationship with God and others.

What if I'm afraid of going to Confession? How can I face my priest after they know all my sins?

Yes, it can be very uncomfortable to voluntarily tell another human being the worst secrets of your soul. Yes, exposing your inner darkness in the light of day can be difficult, even in the most confidential circumstances. Yes, it can be mortifying; it can be crucifying, and so it can also be life-giving. Scripture promises us, “For there is nothing hidden that will not become visible and nothing secret that will not be known and come to light (Luke 8:17). God already knows all our sins. He was there. He still loves us, remembers us, and waits for us to turn to him for forgiveness.

Why can't I confess to God?

By virtue of their ordination, Jesus delegated priests the power to bind and loosen sins (John 20:23). Since God is the ultimate authority, He is also capable of delegating that authority. When the priest absolves us of our sins, we can be assured that our sins are truly forgiven. After the absolution is proclaimed, the priest is morally bound to never divulge anything said, even under legal threat.

Your clergy team wants you to know that you can always confess to someone other than the parish priest. We will provide you with a referral if you desire one. You may also choose which priest you want to confess to. Our confessional schedule will be as follows during the season of Lent.

*Diary of St. Maria Faustina Kowalska, 1602.

**Clergy will be available at the following times for the
Sacrament of Reconciliation.**

Feel free to drop in. No appointment is necessary.

Date	Time	Date	Time
Wednesday, 5 March	8:00AM – 9:00AM	Tuesday, 1 April	1:00PM – 2:00PM
	1:30PM – 2:30PM		5:00PM – 6:00PM
	7:00 PM – 8:00PM	Wednesday, 2 April	8:00AM – 9:00AM
			1:30PM – 2:30PM
Tuesday, 11 March	1:00PM – 2:00PM		7:00 PM – 8:00PM
	5:00PM – 6:00PM	Friday, 4 April	9:00AM – 10:00AM
Wednesday, 12 March	8:00AM – 9:00AM		1:30PM –
	1:30PM – 2:30PM		2:30PM 6:00 PM
	7:00 PM – 8:00PM		
Friday, 14 March	9:00AM – 10:00AM	Tuesday, 8 April	1:00PM – 2:00PM
	1:30PM – 2:30PM		5:00PM – 6:00PM
	6:00 PM – 7:00PM	Wednesday, 9 April	8:00AM – 9:00AM
			1:30PM – 2:30PM
Tuesday, 18 March	1:00PM – 2:00PM		7:00 PM – 8:00PM
	5:00PM – 6:00PM	Friday, 11 April	9:00AM –
Wednesday, 19 March	8:00AM – 9:00AM		10:00AM 1:30PM
	1:30PM – 2:30PM		– 2:30PM 6:00 PM
	7:00 PM – 8:00PM		– 7:00PM
Friday, 21 March	9:00AM – 10:00AM		
	1:30PM – 2:30PM		
	6:00 PM – 7:00PM		
Tuesday, 25 March	1:00PM – 2:00PM		
	5:00PM – 6:00PM		
Wednesday, 26 March	8:00AM – 9:00AM		
	1:30PM – 2:30PM		
	7:00 PM – 8:00PM		
Friday, 28 March	9:00AM – 10:00AM		
	1:30PM – 2:30PM		
	6:00 PM – 7:00PM		

**“SACRAMENTS
ARE OUTWARD
AND VISIBLE
SIGNS OF
INWARD AND
SPIRITUAL
GRACE.”**

The Book of Common Prayer

During Holy Week (April 14 – 18), please schedule time with priests individually, as schedules will be slightly different.

LENT, TRIDUUM, AND EASTER

Every year we have the opportunity to be challenged, changed, and grow in our spiritual relationship with God during the Lent - Triduum - Easter season.

By Reverend Janettarose L. Greene

LENT

Early Christians observed “a season of penitence and fasting” in preparation for the Paschal feast, or Pascha (BCP, 264-265). The season, now known as Lent (from an Old English word meaning spring, the time of lengthening days), has a long and storied history. In the third century, the two-day fast that followed the Paschal feast was lengthened to six days. Eventually, it overlapped with another fast of forty days, imitating Christ’s fasting in the wilderness. The forty-day fast was also important for the preparation of those being baptized.

Although Lent has always been described as forty days in length, there has been no agreement on how the days were counted. In the Western church, Lent usually begins on Quadragesima Sunday, the first Sunday in Lent, exactly forty days before Good Friday. In the sixth century, the beginning of the fast was moved to the Wednesday before the first Sunday in Lent (Lent 1), in order to provide forty fasting days before Easter. This is our Ash Wednesday, which became the first day of Lent.

ASH WEDNESDAY

The ritual of placing ashes on our foreheads has its roots in the Old Testament, where covering oneself with sackcloth and ashes is a sign of repentance and mourning. In eighteenth-century Rome, an antiphon was sung during the opening procession of the first day of Lent that mentioned putting on sackcloth and ashes. The Romans interpreted it spiritually, but the Northern Europeans interpreted it literally. The actual imposition of ashes was started to give liturgical expression to the text. In 1091 a North Italian council ordered everyone to receive ashes on “Ash Wednesday.”

We enter Lent with ashes on our foreheads and fast in various ways, perhaps by eating less food, cutting back on sweets, or spending less time on our electronic devices. Lent is therefore a season of repentance and renewal for the entire congregation. To have a holy Lent we are encouraged to examine ourselves, repent, pray, fast, and to read and meditate on God’s word (BCP, 365). We are also called to do these things joyfully in anticipation of the coming feast.

To be continued . . .

— THE — PRAYER CORNER

Oh wonderful Savior, we give thanks that it is thy desire not only to endue us with power so that we may show forth thy glory to the world, but also to cherish us and tenderly to care for us. We give thanks that we can trust thee to provide for us a home and love, and we pray that thy love may flow forth through us in tenderness and concern to others who need a home, and love, and someone to cherish them.

We rejoice that thy love encompasses even the little needs of our everyday lives. So now, oh

Lord, we turn from great things to small things, and we hold up before thee whatever needs are in our lives and in the lives of our friends; needs of shelter, of a home, of the money to keep or to maintain that home, of someone to love, of someone to understand. We pray with faith that thy love will never forget us, that thy promises will be fulfilled

And that they love will never forget us, that thy promises will be fulfilled, and that our every need will be met. In Jesus’ name,
Amen.

By Agnes Sanford in “Twice Seven Words” pub. 1971
Submitted by Dr. Michelina Bonanno

Thank you's to St. Mary's



Strengthening Community Through Second Chances

January 25, 2025

Fr. Andrew Merrow
Saint Mary's Episcopal Church
2609 N. Glebe Road
Arlington, VA 22207

Hi Father Andrew Merrow,

From all of us at OAR, we wish you an abundance of good things for the rest of this year. Thank you for your support of OAR. This letter is to document your tax-deductible monetary contributions to OAR. If we have your email on file, you should have received an electronic copy of this notice. If you would like to update your email or contact information, please email donations@oaronline.org with your updated contact information.

Thank you for the following contributions in calendar year 2024:

Date	Amount
2/12/2024	\$5,000.00
12/31/2024	\$5,000.00

These amounts include any payments towards a pledge as well as money donations received. Please note that unpaid portions of pledges, soft credits, stocks, and in-kind donations are not included above. As per the IRS, donors are responsible for documenting the fair market value of stocks and in-kind donations such as clothing, backpacks, and gift cards. If the information above does not match your records, please email us at donations@oaronline.org so we can double-check our files.

Thank you for your generosity and love for this community.

Sincerely,

Elizabeth

Elizabeth Jones Valderrama
Collective member of 20 years with the last 10 years as the Executive Director

OAR is a nonprofit organization recognized as tax-exempt by the IRS under Section 501(c)(3). OAR's tax ID number is 54-1024562. Your contribution is tax-deductible to the extent allowed by law. No goods or services were given in exchange for this contribution.

OAR envisions a safe and thriving community where those impacted by the criminal justice system enjoy equal civil and human rights.

OAR of Arlington, Alexandria, and Falls Church
1400 N. Nile St., Suite 704, Arlington, VA 22201
T: 703.228.7000 F: 703.228.3981
info@oaronline.org
www.OARonline.org
Follow and connect with us @OARjustice

We are so grateful for your support!



Mailing Address:
PO Box 8332
Falls Church, VA 22041

Reverend Andrew Merrow
St. Mary's Episcopal Church
2609 N Glebe Rd
Arlington, VA 22207-3501

January 13, 2025

Dear Andrew:

Culmore Clinic stands as a vital cornerstone of our community, providing essential healthcare to our neighbors in need. You are very much a part of how we accomplish our work. Thank you for your support of our mission with your gift of \$15,000 on 12/30/24.

In 2024, we more than doubled the number of patients on our roster ending the year just shy of 900. Offering comprehensive, compassionate care to those who might otherwise go without, we have become a critical part of the healthcare system, especially in the Bailey's Crossroads/Seven Corners corridor. As our patient numbers grow, so do our expenses—making your generosity more critical than ever. Your support directly empowers us to meet this expanding need, transforming lives through accessible, high-quality care.

Many individuals in our community face insurmountable barriers to receiving the medical attention they deserve. At Culmore Clinic, we're committed to removing those barriers and ensuring equitable healthcare for uninsured residents of Fairfax County. Turn over to read an inspirational patient story!

We are honored by your support of our mission. If it's been a while since your last visit to the clinic, we invite you to schedule a tour and see firsthand the impact of your gifts. Our newly transformed space is something we're excited to share with you! To arrange your visit, please contact our Development Manager, Rachel James-Kelley, at 571-380-4163. Or, email her at RachelJ@culmoreclinic.org.

Thank you for being an essential part of the Culmore Clinic family. Together, we are bringing the community together to provide medical care and health education to uninsured neighbors at no cost in Fairfax County. Together we are creating a healthier, stronger community.

Sincerely,

Rachelle
Rachelle Sapp-Hatkins, CFRE
Executive Director

6165 Leesburg Pike | 703-260-8412
Falls Church, VA 22044 | CulmoreClinic.org

We are so blessed to have the support of St. Mary's on so many levels. Thank you!



Jan 17, 2025

Dear Reverend Deena & Ms. Barclay,
I am very grateful for the generous \$5,000 award to my Deeply Affordable Housing fund. Through this gift, St. Mary's is signalling your desire to share the parish's prosperity with a low wage Arlington neighbor's family. We are getting very close to reaching our goal of the buy down of an AHC apartment to deep affordability for 30 years! What an important message that we value our low income neighbors who enrich us in so many ways, and that they do belong here! Gratefully,
AmevB

St. Mary's Outreach Highlights for 2024

By Marjorie Barclay, Outreach

St. Mary's makes an extraordinary commitment to outreach by budgeting 25% of our pledge income to outreach efforts to serve our community and by a corps of dedicated volunteers who do hands-on work of all sorts. The Outreach Committee's Charter calls on us to pursue our parish priorities: the care of creation, caring for one another, and racial reconciliation. We seek to fulfill our Baptismal Covenant by serving Christ, loving our neighbor as ourselves, working for justice and peace among all people, proclaiming by word and example the Good News of God in Jesus Christ and respecting the dignity of every human being.

2024 was full of Outreach to our local community as well as to global neighbors in need. Among the volunteer efforts (most of which also require a financial commitment from St. Mary's) in 2024 were:

- ⇒ Making, packing or distributing food on a monthly or twice-monthly basis for neighbors served by organizations including Santa Maria, our sister parish in Falls Church; AFAC which provides food to over 11,000 individuals weekly as of Dec 2024; and PathForward which is Arlington's shelter for unhoused adults.
- ⇒ The Lay Assistance Ministry met twice a month to assist over 350 people in 2024 with \$150 - \$200 for essential needs, e.g. rent, utilities, and medical debt.
- ⇒ In April, St. Mary's Rebuilding Together team made critical repairs, at no charge, for a low-income homeowner.
- ⇒ Our Parish generously donated to projects run by St. Mary's volunteers to assist our neighbors in many ways. The parish donated travel-size hygiene items for donation to PathForward and to Northern Virginia Family Services; we donated school supplies including backpacks to True Ground's residents, one of Arlington's affordable housing providers; we donated over 300 bags of Thanksgiving food and grocery gift cards to 12 organizations for them to distribute to their clients in need; we donated gloves and mittens to four organizations including Santa Maria and we held our Advent Mart where over 20 of our local partners were able to raise funds for their missions and those they serve.
- ⇒ St. Mary's Outreach Just-in-Time group contributed their own funds and/or donated goods to help previously unhoused mom and her four children while they waited for permanent affordable housing

as well as other needs throughout 2024. We were also helped by St. Mary's Hospitality Committee who cooked meals for the family while they were without a kitchen for most of the summer in a hotel room.

- ⇒ Our volunteers are a varied group and include youth (two of whom ran the glove and mitten collection) and families as well as adults.
- ⇒ St. Mary's made grants to over 20 organizations – too numerable to list. Here are a few highlights:
- ⇒ We supported a sewing class for Afghan refugee women, taught by a trained Afghan tailor, which helped to address the economic insecurity of refugee families and helped to ease the trauma of relocating to a new culture by creating a culturally safe space for women to get out of the home and to learn a valuable skill. The sewing skills taught in the 16-week course will can lead to an income by doing alterations or enable women to open their own sewing business.
- ⇒ We funded a 4th year of the N'Debewe Parish conservation agriculture project which helps Tanzania's farmers increase crop yields in the face of drought caused by climate change.
- ⇒ We funded trauma recovery resources in Sudan and two schools elsewhere in Africa, one of which is a residential school for orphans.
- ⇒ We continued our founding membership in Virginians Organized for Interfaith Community Engagement (VOICE) which is a nonpartisan organization of over 40 faith communities that organize together to build power to improve the lives of our families and communities. VOICE's focus area in 2024 was youth mental health in our local community. St. Mary's has a VOICE core team who take action on these issues in addition to St. Mary's financial commitment to VOICE's work.
- ⇒ Close to home, we funded organizations that assist the following near neighbors in need: the food insecure, those in need of affordable housing, unhoused adults and children, those in need of free or low cost medical services, those recently released from incarceration, immigrants and refugees, dreamers, the elderly, and developmentally disabled persons.

The generosity of the Parish has resulted in wonderful works of God over 2024. The Outreach Committee is privileged to be able to help make this happen alongside the entire Parish.

Creation Care

THE CREATION CARE COMMITTEE REVIEWS “Love God, Love God’s World” Creation Care Curriculum

<https://www.episcopalchurch.org/ministries/creation-care/love-god-love-gods-world-curriculum/>

*by Nancy Smith Books, of St. Mary’s Arlington,
a member of the Creation Care Committee (CCC)*

“Love God, Love God’s World” is a nine-session, film-based curriculum, ideal for Episcopalians anywhere on the journey with creation care and environmental ministry—from newcomers looking to take their first step to seasoned leaders seeking a transformative small-group experience.

Sessions have a structure similar to the popular “Sacred Ground” curriculum and include compelling films, podcasts, and readings; faith-based reflections; and discussion questions—each written by different contributors who draw from their own contexts and experiences. Participants will also discover ways to learn, pray, advocate, and conserve.

We hope everyone who participates in the curriculum becomes:

- Comfortable speaking about their faith, care of creation, and climate change
- Personally transformed and invited into different levels of personal and collective engagement on creation care and eco-justice, and
- Confident about where to find creation care resources and information.

Several members of the Creation Care Committee have participated in small group “Love God, Love God’s World” sessions this winter and have found them to be engaging and thought-provoking. We recommend that your parishes make use of this curriculum

If you are interested in offering “Love God, Love God’s World” in your parish and have questions about the content or the logistics of setting up, please contact CCC member Libby Witt at <cawitt@hotmail.com>.

If you would like to participate in a study group but do not have sufficient numbers, please email the Creation Care Committee at <creationcare@episcopalvirginia.org> and we will look into forming virtual groups made of interested

Resources for the Community

The Fairfax County Economic Development Authority (EDA) has launched a webinar to connect workers with valuable job resources (including its website, which features 90,000 job openings currently in the area.

[Click here for the link.](#)



Resources for the Wider Community

- ◆ Know Your Rights Information (Catholic Legal Immigration Network)
- ◆ Immigration Rights Toolkit (Asian American Legal Defense and Education Fund)
- ◆ Print pocket cards to hand to ICE if they approach you (Immigrant Legal Resource Center)
- ◆ Immigration—Know Your Rights Resources (Muslims for Just Futures) available in Bangla, Dari, English, Hindi, Nepali, Pashto, Punjabi, Spanish, and Urdu.

KNOW YOUR RIGHTS

iameerica.org/know-your-rights/



Praying for the Nation

Join St. Mary’s in prayer for the community, all government workers and leaders, and the Nation on Sundays from 4:30 pm - 5 pm in the Chapel or from your home. As a parish, we will also be able to place our prayers on the fence surrounding the Point, inviting community to add theirs.

Emergency Preparedness

Check out readyarlington.com for information on helping to save lives in emergencies while waiting for first responders. Also, learn situational awareness, psychological support and injury management.

Email the Coordinator at <CERT@arlingtonva.us> for more info.



Faith Forums

March 2

*World Mission Sunday:
Updates on four of our
Mission Partners.
Facilitated by Canon Heard.*

March 9

What is our Hope? Part 1

March 16

What is our Hope? Part 2

March 23

*Triangle of Hope with
Rev. Janettarose Greene,
Turner Bryce and Ariana
Carter-Chand*

March 30

*Oral History of the
Renewing of St. Mary's
Part 1 - Early Years,
with Fr. Merron*

Lenten
9 am - Noon
clean UP Day
Saturday
March 22
Sign Up on Hub



YOUTH MARCH MADNESS PARTY

MARCH 16 | 6-7:30 PM
PACA HALL, ST. MARY'S



BRING AN APPETIZER OR DESSERT TO
OUR POTLUCK AND WATCH THE MARCH
MADNESS BRACKET RELEASE!

YOUTH COUNCIL IS
PROVIDING PIZZA, GAMES AND FUN



6th -12th Graders,
RSVP for the party and bring a friend.
We'll release info about our tournament pool
at the party and leave it open until the
first game. Prizes for best bracket!

St. Mary's Potluck Dinner

for Violette Mubarak,

*General Director of the Jerusalem Princess Basma Centre
was held February 21 in Paca Parish Hall*

Violette shared the hope of God's unfailing love that inspires the Basma Centre team on this rainy Friday evening. The outdoor weather may have been gloomy but the fellowship inside was all aglow with the spirit of love and support. Since 2017, St. Mary's pilgrimages to the Holy land have included a visit to the Basma Centre, which is operated by the Episcopal Diocese of Jerusalem.



Photos by Rev. Janettarose Greene

*The Vestry met on January 13, 2025
and undertook the following actions:*

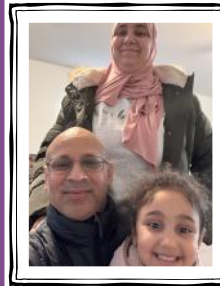
- The group met in person with a candidate for the interim rector position.
- Based on the detailed work of the Outreach Committee, it was noted that in 2024 the Vestry approved \$164,000 in outreach grants to outside organizations.
- The Vestry also approved \$2,800 for Afghan Sewing classes being taught to Afghan refugees in the NOVA area.
- The Vestry approved an amended housing allowance for Rev. Victoria Heard.
- It appointed Gordon Thomas as a Trustee of St. Mary's, thereby authorizing him, along with the other Trustees, to hold and convey title to land owned by St. Mary's, at the direction of St. Mary's.
- The Vestry discussed the budget. The current total of pledges for 2025 is believed to be 268, with a current (non-final) total pledged of \$1,823, 314.
- This represents an increase in the number of pledging units over last year, while the total dollars pledged is slightly less.
- The Vestry discussed St. Mary's upcoming 100th anniversary celebration.
- Formation of various committees to work on the celebration will begin shortly.
- Please also note that on January 25, 2025 the full Vestry met for an in-person, all-day retreat at Virginia Theological Seminary. Prior to starting the work of the retreat, the Vestry approved the expenditure of \$15,000 to help pay for services to explore the best use for land surrounding La Iglesia De Santa Maria, our sister church in Falls Church, VA.

Annual Meeting: April 27, 9 - 9:45 am - Paca Hall

March 2nd is the last Sunday the vestry nomination box will be available for nominations. A slate will be made by March 15 with info. about each nominee in the April Messenger. The Vote will take place in person at the Annual Meeting. There will be no votes by proxy and results will be announced.

Meet Ahmed Taibi St. Mary's Cleaning

Ahmed Taibi has been cleaning the facilities of St. Mary's since 2009. This month the *Messenger* asked him to tell us a little bit about himself. If you see him, (he works in the evenings) let him know we appreciate him!



First of all I'm thankful for this opportunity. I'm Ahmed Taibi I'm 50 years old and I arrived in the United States on February 10, 2005 at 10 pm. It was the coldest day I ever experienced. I didn't know how to get here or what I was supposed to do or how to communicate with people when

I speak a different language.

It is actually a long story and I will try to summarize it. I always try to stay positive even in difficult situations. I have achieved a small family consisting of my wife and my 4-year-old daughter. We do not have any enemies and we love everybody. That is why we always have a smile on our faces.

I thank everyone who helped me to achieve this. Since this magazine is religious, let's talk a little about what is religious. One of my principles is respect all religions.

I am a Muslim, it doesn't signify non-Muslims are not human beings or that I am right and the others wrong. No. How beautiful to hear someone say to you, "You're so kind, and so positive." Yes, they are amazing people I met them in St. Mary's Episcopal Church, Arlington. I work for a long time in this church as a cleaner. I just want to point out that this work enabled me to get to know magnanimous people. The beautiful thing that caught my attention about them, they believe in loving others as they love themselves; this is what Muslims believe as well. This is the most important thing for me; I hope everyone is fully convinced of it. Through this we have achieved a balanced life...love is our motto, and we remove hatred from our hearts which is one of the main causes behind most of the human suffering in our time.



Finally, I hope each one of us will try to be as positive as possible even in truly hopeless situations. This is my message.

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
 6 pm, Reception and Parish
 Art Show Opening

Mar. 4 Mardi Gras / Shrove Tuesday
 Celebrate Fr. Andrew's
 40th year serving St. Mary's
 5:45 and 6:30 pm seatings
 Register on the Parish Hub!



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
 4:30 pm Prayer for Government,
 Chapel & Home
 5 pm, Holy Eucharist, said



Mar. 14 5 pm, Stations of the Cross

Mar. Confirmation Retreat at
 14-16 Shrine Mont



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
 4:30 pm Prayer for Government,
 Chapel & Home
 5 pm, Holy Eucharist, said

Mar. 21 5 pm, Stations of the Cross

Mar. Middle School Diocesan
 21-23 Retreat at Shrine Mont



Mar. 22 Lenten Clean Up Day, 9 am - Noon



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
 4:30 pm Prayer for Government,
 Chapel & Home

5 pm, Holy Eucharist, said

Mar. 28 5 pm, Stations of the Cross

Mar. 29 Lenten Quiet Day, 9 am - Noon



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
 4:30 pm Prayer for Government,
 Chapel & Home
 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
 11:15 am, Acolyte Ministry Celebration
 4:30 pm Prayer for Government,
 Chapel & Home
 5 pm, Holy Eucharist, said
 7-8:30 pm, Pathways to Prayer
 (8pm compline)



Apr. 13 Palm Sunday

8 am, Holy Eucharist, said
 9 am, Coffee hour & Fellowship
 10 am, Holy Eucharist w/music
 10:15 am, Wilderness Service at Park
 11 am, Coffee hour
 5 pm, Holy Eucharist, said



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, Holy Eucharist and
 Healing Prayer

Wilderness Church

Meets at Zachary
 Taylor Park

Nursery Available Sundays

8:30am-11:30 am
 Summer hours: 9:30 am - 11:30



HOLY WEEK

April 14 8 pm, Tenebrae
 April 15 8 pm, Tenebrae
 April 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
 Register w/ QR code or on the
 Hub today!



Apr. 27 The 2nd Sunday of Easter
 8 am, Holy Eucharist, said
 9 am, Sunday School/Youth Formation
 9 am, ANNUAL MEETING (Paca)
 10 am, Holy Eucharist & Holy Baptism
 w/music
 11 am, Coffee hour
 5 pm, Holy Eucharist, said



MAY

May 2 Fr. Andrew Merrow's
 RETIREMENT PARTY
 5:30 pm– 9:00 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
 9 am Sunday School/
 Youth Formation
 10 am, Holy Eucharist w/music
 11 am, Coffee hour
 5 pm, Choral Evensong

May 11 The 4th Sunday of Easter
 Mother's Day



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

May 18 The 5th Sunday of Easter
 Youth Sunday
 8 am, Holy Eucharist, said
 9 am, Last Day for of Youth &
 Children's Formation
 w/ a Sunday School egg hunt
 10 am, Holy Eucharist w/music
 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

JUNE

June 1 The 7th Sunday of Easter
 8 am, Holy Eucharist, said
 10 am, Holy Eucharist w/music
 10:15 am, Wilderness Church
 11 am, Coffee hour
 5 pm, Holy Eucharist, said

June 6-8 Parish Weekend at Shrine Mont



June 8 Day of Pentecost / Whitsunday
 8 am, Holy Eucharist, said
 10 am, Holy Eucharist w/music
 11 am, Coffee hour
 5 pm, Choral Evensong



June 15 The 1st Sunday after Pentecost
 8 am, Holy Eucharist, said
 10 am, Holy Eucharist w/music
 10:15, Wilderness Church
 11 am, Coffee hour
 5 pm, Holy Eucharist, said

June 19 Juneteenth



June 22 The 2nd Sunday
 after Pentecost
 Youth Group leaves on Mission Trip for
 New Bern, North Carolina



8 am, Holy Eucharist, said
 10 am, Holy Eucharist w/music
 11 am, Coffee hour
 5 pm, Holy Eucharist, said

June 29 The 3rd Sunday after Pentecost
 8 am, Holy Eucharist, said
 10 am, Holy Eucharist w/music
 11 am, Coffee hour
 5 pm, Holy Eucharist, said



CONTACT INFORMATION

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THE EPISCOPAL 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)

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

Mark your calendars now for
Father Andrew Merrow's
Retirement Party!

FRIDAY, MAY 2, 2025
5:30 PM TO 9 PM
THE HENDRY HOUSE
2411 N. 24TH STREET
ARLINGTON, VA 22207

Look for an invitation in your mailbox soon!