

What Makes Your Heart Sing?

By Jane Houlihan



On Tuesday evenings 20 of us gather in the choir room downstairs to polish music for the coming Sunday and learn new pieces for the weeks ahead. Kids arrive in soccer jerseys and school uniforms, some with their hair still dripping wet from swim practice. They pile into rows of chairs just behind the piano. Adults file into the back row, sporting pumps or carpool attire and glancing at to-do lists on smart phones. We're more a motley crew than an angelic choir.

But as St. John's Director of Music Ministries, Anne Timpane, leads us through the first "ah" of our vocal warm-ups, the day's stress melts away. We review a familiar hymn, explore a new spiritual, and hammer out a tricky section of Sunday's offertory anthem. Soon enough, we're not just singing notes, but making music, laughing at Anne's jokes and enjoying the day's end together.

I love the music at St. John's. My daughter Megan and I sing together in the Alleluia Choir. My husband Mike and our son, Chris, sing from the pews.

Music is a tie that binds our community together and brings us closer to God. Music connects us because it offers something for everyone. At St. John's you can join a choir, play an instrument, or lend your voice to the congregation in song. Sunday services might bring choral numbers composed in the 13th century or just last year, accompanied by organ or African drums. Our 9 a.m. Alleluia Choir is just one of five the church supports.

Pledges help support Anne's leadership. They keep music in the choir folders and robes on the hangers. They also keep the bells polished, the organ maintained, the soloists paid, and the pianos tuned.

We might arrive on Sunday morning with worry on our minds, but as we sing out the opening hymn, our hearts soar. We hear echoes of God's creation, when the morning stars sang together.

Building Community at the Crossroads of Faith and Life

Our members represent a variety of racial and ethnic backgrounds, nationalities, family configurations, sexual orientations, abilities, and religious traditions. Indeed, chances are that there's someone like you at St. John's. We are single, married, partnered, divorced, widowed, remarried, gay and lesbian, with and without children, empty nesters, old and young, and differently-abled; you name it - we are here.

Vestry Highlights

At its October 21, 2014, meeting, the Vestry:

- Learned from the Finance Committee that the former rectory was sold on September 30 for \$1,235,000.
- Appointed former treasurer Scott Cotter as director of the Clergy Housing Endowment Fund, to be established with the proceeds of the sale of the former rectory.
- Heard from the Rector that all ministries will be asked to find ways to trim their budget requests for 2015.
- Authorized spending \$6,000 on legal costs related to a major bequest to the music program.
- Heard a summary of activities of the Adjacent Property Committee from co-chairs Bill Fry and Anne Derse. With the help of our lawyer, the committee and church leaders have written to and met with the county's planning board staff as they prepare new zoning regulations for downtown Bethesda. Our team has also met with the owner/developer of the property north of us. We have reason for optimism that the planning board will be responsive to our concerns for future development of properties that surround us. The Vestry approved spending \$15,000 in 2014 on consultants for this ongoing effort. The Vestry expressed their deep gratitude to Bill and Anne for their competent and devoted leadership of this committee.
- Approved a charter for the Community Development Committee, which will supersede the Adjacent Property Committee. The new committee will be named by the Vestry and will advise them on our response to the multiple changes to our neighborhood that will take place in the coming years.
- Received from the Communications Committee a proposal to launch an electronic version of Crossroads in January.
- Heard from Brad Kennedy that the row of windows in the choir room will be replaced with more energy-conserving ones.

The next Vestry meeting will be at 8:00 PM on Tuesday, November 18, in the Lounge.

To see Vestry meeting documents and reports, go to:

[Vestry 2014 Meetings](#)

(<https://drive.google.com/folderview?id=0BzfjbFerWsaTRzR0dXR4VF85emc&usp=sharing>)

Pat Cascio, Parish Secretary,
for the Rector and Wardens

Samaritan Ministries Gala

November 1

There's still time to get your tickets for the Samaritan Ministry of Greater Washington gala to be held at Washington Episcopal School on Saturday, November 1 at 6:30 pm. Please visit the Samaritan Ministry website at www.samaritanministry.org to buy your tickets! St. John's own Carolyn Peirce is being honored for her long-time involvement and volunteer work and Liz Everhart is co-chairing the gala. Come out and support Samaritan Ministry and the good work it does! Email Liz Everhart with any questions: [lizeverhart9\[AT\]gmail.com](mailto:lizeverhart9[AT]gmail.com)

Don't forget to sign up in the West Ave Lobby for the Ladies' Luncheon on Nov 23 from 12:30-2:15. Join us for fellowship, a tasty meal and some "food for thought". All are

We need your help as
we plan for

*the 2015
Women's
Retreat*

Tell us how you'd like to help
and we'll find a spot for you!

Here are some areas of need: planning and execution with worship and music, the Friday night guest speaker, and Saturday's workshops. We need to organize snacks, logistics, entertainment & exercise, advertising and communication.

The women's retreat is a volunteer effort and your participation matters! Contact Nancy Horton via email: mnhorton@comcast.net

Passages

“If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it.”

1 Cor. 12:26

We join in mourning the death of

Timothy Coleman (former parishioner)

Please contact the Office if you have a celebration, thanksgiving, sorrow, or other news to share.

If you or someone you know would appreciate any form of pastoral care, please call Penny Winder [[301-938-1193](tel:301-938-1193)] or winderph@verizon.net or Anne Derse [[301-401-5717](tel:301-401-5717)] and derseae@hotmail.com] or the church office.

Adult Forum, November 2, 10:10 am

“Discerning God’s Will in My Life”

We live in a world that tells us where we need to be in order to be considered a success. This message is conveyed relentlessly through our media and culture. Whether one has achieved successes or failures, one wonders, *“Have I arrived? Is this all there is?”*

You are invited to a presentation by Father Nicholas Amato on how we might better discern God’s will for us. We will learn three methods for discerning God’s will, be able to distinguish methods we have used to make decisions in the past, and to use a specific method for determining God’s will regarding the future. Join us for this presentation and better understand where, through the events of our lives, God is calling us.

Father Nicholas has been part of our series for the past two years. He is a Catholic priest of the Archdiocese of Baltimore and was ordained in 1970. He has served as a pastor for more than 20 years. Father Nicholas is a graduate of the Shalem Institute for Spiritual Formation. He has taken part in extended sabbaticals in Rome, in Israel, and at Mepkin (Trappist) Abbey in South Carolina.

He serves as adjunct faculty at the Shalem Institute for Spiritual Formation in Washington, D.C. and in that capacity teaches their *Personal Spiritual Deepening Program: Living in God*, in the Baltimore Metropolitan Area. Father is also on the spiritual formation staff of St. Luke Institute in Silver Spring

Music Notes

I sing a song of the saints of God is one of the best loved hymns in our hymnal. It first appeared in the 1940 hymnal in the “Hymns for Children” section, as the author, Lesbia Scott, intended her texts “not for publication, but for use in our own nursery, as an expression of the faith we were trying to give the children.” She would be asked to “Make a hymn for a picnic”, “Make a hymn for a foggy day”, and so she wrote “I sing a song of the saints of God” for saint’s days to impress upon her children the fact that sainthood is a living possibility today and every day.

The stories of the saints she included in her hymn tell of brave deeds and the very real people who did them. The “Doctor” refers to Luke, the Gospel writer, physician and painter. The “Queen” was Margaret of Scotland, a determined, religious woman whose son, David, became known as one of the best kings Scotland has ever had. Joan of Arc was the “Shepherdess on the green”, while a “Soldier” was Martin of Tours, who left the army to become “Christ’s soldier.” John Donne was a “Priest” who is still remembered today whenever one of his poems or sermons is read, and Ignatius of Antioch was “slain by a fierce wild beast” in a hero’s death in the Colosseum in Rome around AD 115.

During the process of selecting texts for the *Hymnal 1982*, the committee chose to eliminate this hymn because some of the words (“You can meet them in school or in lanes, or at sea, in church, or in trains, or in shops, or a tea”) seemed too culture-specific. However, it was so obviously a favorite of many that the decision was made to restore it to the collection. I, for one, am glad they did, as this simple hymn reminds us that we are constantly surrounded by saints of God “and I mean to be one too.”

Anne Timpane

and is the executive director of the Mepkin Priest Wellness Program. His full-time ministry also includes directing contemplative retreats, preaching parish missions, and offering days of recollection. He has Masters degrees in Counseling and in Theology, and a Doctorate in Educational Management.

Father Nicholas Amato

SAINT JOHN'S AT THE CROSSROADS

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**Don't forget to set
your clocks back one
hour before you go
to bed on Saturday
night, November 1!**



Calendar

All Saints Sunday November 2, 2014

Standard Time Resumes

- 8:00 am Holy Eucharist with sermon
St. Mary's Chapel
- 9:00-12:00 Parish Library Open
- 9:00 am Children's Chapel – Hines Hall
- 9:00 am Holy Baptism/Holy Eucharist with sermon
and music led by the Alleluia Choir - Nave
- 10:00 am Church School – classrooms
Adult Forum – Parish Hall
“Discerning God's Will in My Life”
with Fr. Nicholas Amato
Bible Study – Library
- 11:15 am Holy Baptism/Holy Eucharist with sermon
and music led by the St. John's Choir
– Nave
- 3:00-8:00 pm Labyrinth Walk to Remember – Parish Hall
- 5:00 pm Come As You Are communion service –
Nave
- 5:30 pm Youth Group – Youth Room

Monday – Thursday November 3-6, 2014

Parish Office open 9 am – 2 pm

Monday November 3, 2014

- 7:30 pm Women's Book Group - offsite

Tuesday November 4, 2014

- 12 - 1:30 pm Church Staff – Rector's Office
- 4:00 pm Primary Choir – Choir Room
- 5:00 pm Children's Choir – Choir Room
- 7:00 pm Alleluia Choir – Choir Room
- 7:30 pm Stewardship Committee - Library
- 7:30 pm Personnel Committee – Lounge

Wednesday November 5, 2014

- 10:30 am Bible Study - Lounge
- 12:00 pm Holy Eucharist and Healing – Chapel
- 6:30 pm EfM - Lounge

If you wish to be removed from the Saint John's mailing list, or no longer wish to receive the *Saint John's at the Crossroads* newsletter, please let the office know.

The next issue of *Crossroads* will be dated November 9, 2014,

Final article drafts must be submitted to the Parish Office by the *Sunday* prior to publication. One may e-mail articles to newsletter@stjohnsnorwood.org (with “Crossroads” in the subject line). Sending text in the body of the e-mail is preferred.

Note: The church staff reserve the right to determine the content of *Crossroads* and edit for grammar or length requirements.

Thursday November 6, 2014

- 6:00 pm Norwood Ringers – Choir Room
- 7:00 pm Stephen Minister network meeting - Lounge
- 7:30 pm St. John's Choir – Choir Room

Friday November 7, 2014

Parish Office Closed

Sunday November 9, 2014

- 8:00 am Holy Eucharist with sermon
- St. Mary's Chapel
- 9:00-12:00 Parish Library Open
- 9:00 am Children's Chapel – Hines Hall
- 9:00 am Holy Eucharist with sermon
and music led by the Alleluia Choir - Nave
- 10:00 am Church School – classrooms
Adult Forum – Parish Hall
Artist and climate activist
Martha Sinclair
Bible Study – Library
- 11:15 am Holy Eucharist with sermon
and music led by the St. John's Choir
– Nave
- 5:00 pm Come As You Are communion service with
Baptism – Nave
- 5:30 pm Youth Group – Youth Room