



*Chapoteau children fetching water from the filtered fountain at our school*

## From the Rector: Tenacious Grace

**by the Rev. Brad Rundlett**

In all of the thirty-three years I have been trying to help the people of Haiti I have seen very little change ... until quite recently. Scott Zetlan, my son Ethan, and I attended the high school graduation ceremony in Cange to applaud the graduates. They are smart, resilient, dedicated, and hopeful. The ceremony lasted four hours (after a two hour mass) and included skits, musical performances, and a procession of the graduates escorted by their parents. It was very inspiring.

We went across Lake Pelig and up the mountain to Chapoteau. We did not see the school children because they were on their summer break. But we did see how fast erosion is undercutting the foundation

of the school and church, and how unsanitary the “toilet” conditions have become (they are really just holes in the dirt). It is very serious and dangerous.

But we also saw fresh water pouring into a large concrete trough with three spigots. In other areas we saw crops growing, irrigation pipes, and a system that processes waste into clean water. We met people from various parts of the United States working on projects that will dramatically improve the quality of life for the Haitian people. We saw unimaginable poverty and sickness; we also saw the genesis of great change. Your contributions are changing entire villages. Thank you!

This week, our team of adults and youth,

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## New Vergers Comissioned July 13

Four additional Vergers were commissioned at St. Timothy’s during the three morning services on July 13. Ralph Tildon, Glenn Pfenhauer, Rose Berberich, and Liz Ward join Vergers Chris and Cheryl Brock, and Sr. Vergers Michael Cook and Jane Perry, in assisting with services on Sundays and at special services. Since the early days of the church, laypersons have been commissioned to assist the clergy



*Michael Cook, Rose Berberich, Liz Ward, and Jane Perry*

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## Dungannon, VA Mission Stats

- 27th year of the Region 5 Mission
- 54 participants from Region 5
- 5 out of 9 churches participating: St. Francis, St. Timothy's, St. Anne's, Holy Cross and 1
- 128 combined years of returning experience
- 13th Colie participating
- 10th year for Scott Neumann

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along with other churches from our region, is in Dungannon (part of Scott County, Virginia) serving the poorest in our state. They are fixing leaky roofs and damaged homes, while living out our mission to serve others.

Progress for the Lakota people on the Pine Ridge Reservation is not as evident as it is in some areas of Haiti, but the fact that people from St. Timothy's keep going, year after year, is of

greater value to our indigenous friends than we can imagine. We have done a lot of construction work on the Reservation, but it's the relationships that matter most.

The core issue for Haitians, the Lakota, people in Appalachia, and our homeless neighbors here in Northern Virginia is "Do you really care about me?" And we demonstrate our compassion by standing with them come what may. +

## "Thank You" from our Haitian College Students

During their trip to Haiti in July, Fr. Brad, Ethan Rundlett, and Scott Zetlan had a rare opportunity—they were invited to visit inside the homes of college students Wilpha and Angeline Pierre. Wilpha just completed his first year of University studies in Accounting, supported entirely by St. Timothy's. Angeline, his cousin, is finishing her third year of schooling, also in Accounting, and received the Kerry Scholarship from Betsy Knoisen. Both families lavished thanks and praise upon the team, along with gifts, for the opportunity the generosity of St. Tim's is providing to their children.

The first mission team to Haiti met Angeline and Wilpha in 2011 in Cange. Wilpha was volunteering at the Episcopal Church, and Angeline cooked meals for the team, trying to earn enough tuition money to return to school. Because Haiti has few Universities, slots are difficult to obtain. Plus, few Haitians can afford the roughly \$3,000 USD per year of a college education (that includes room and board, books, and tuition). Students often have to take time off from all levels of education, Primary, Secondary, and University, to try to earn enough money to continue their studies. It is hoped that our experience will refine the process of supporting Chapoteau students through all levels of education. +

*Hello All. How are you doing? By my side everything is well. As you all know it's always a pleasure for me to talk to you and thank you for all appreciation and help that you give to me.*

*I start the school since November 2013, in March 2014, I had exam for the first semester. Immediately after the exam, I returned school and start the second semester where it will end with the final exam on August 2014.*

*At the end of the year school after the final exam, the school will publish the final note that I obtain for all the courses and I will send them to you for that I can prepare for the second year of school.*

*I want to continue to thank you for all that you done and all you are continuing to do on my behalf. I can't find any other word to thank you but I will continue to ask the almighty God to protect you and bless you all.*

*Many blessings,  
Wilpha Pierre*



*Above: Wilpha Pierre and Fr. Brad; Left: Angeline Pierre*

# Say “Yes!” to the Music Ministry

This year, the Stewardship Team will ask each of you to say “YES” to the mission of St. Timothy’s. This fall, I’d like to ask you to say “YES” to offering one of your most precious resources to our church: time. In today’s world, making a commitment to a ministry, even if it is for one-two hours a week, is a significant investment. However, consider the wonders that can happen when many people make that very investment each week:

- Individuals come together to be one body of worshippers.
- A sense of community is found.
- Worship is actively led by the choir and musical ensembles.
- Beautiful music is offered to God as praise.
- Choirs further their musical education.

Even though it seems that the summer is just getting started for many of us, it’s time to start thinking about the exciting possibilities that the Fall will bring at St. Timothy’s. Please take a moment to read over the list of musical ensembles at the church and consider if you or a family member would be able to give the gifts of your time and talents to St. Tim’s! +

## *Children’s Choir I*

Grades 1-2

Monday: 5:00 pm -5:45 pm

## *Children’s Choir II*

Grades 3-6

Monday: 6:00 pm -6:45 pm

## *Handbell Choir*

Grade 7- Adult

Wednesday: 7:00-8:30

## *St. Timothy’s Choir*

Grade 7-Adult

Thursday: 7:00 pm -8:30 pm

To register or ask questions, please email Filippa Duke at [filippad@saint-timothys.org](mailto:filippad@saint-timothys.org)

## Choir Retreat

Thursday, September 4, 2014

7:00 pm -9:00 pm

Henry Hall

Join us for food, fellowship, and of course, music, at our Choir Retreat! All interested newcomers are welcome to join us at the choir retreat as we learn new music for the upcoming fall and begin our first rehearsal. For more information, please email Filippa Duke at [filippad@saint-timothys.org](mailto:filippad@saint-timothys.org). +

## VBS Diaper Drive

This year the community outreach for Vacation Bible School was a diaper drive to support St. Timothy’s Pantry program and HeathWorks Northern Virginia. The Vacation Bible School participants were extremely generous to the community donating more than 2,000 diapers. Thank you for making life a bit easier for people in need in our community. —The Service Ministry...putting our faith to work. +

## VBS Explores the Wilderness

Vacation Bible School July 14-18 was a huge success! This year we had 45 campers from ages 3-11 and more than 30 volunteers. The theme was “Wilderness Escape”, and the children spent the entire week with Moses and the Israelites learning to “Trust God”, from the Exodus out of Egypt through the desert journey to the giving of the 10 Commandments (we call them the 10 Best Ways to Live) at Mt. Sinai. The children sang songs, heard Bible stories, made unique crafts, played games outside and had snacks in Henry Hall by a “campfire”. Thanks to everyone who donated food, decorations and their valuable time!





# Reflections on Retiring

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by **Duncan Hutcheon**

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The thought of “Retirement” presents most people with a dichotomy; they are pleased by the thought of not working, doing all the things they planned to do, but also it reminds them of their mortality—and most prefer not to think about that. In fact, the latter is so off-putting to some folks that they ignore the thought to the extent they spend little or no time planning for it. This article concentrates on one aspect of that process, perhaps the least appreciated; the mental preparation for this life-changing event. I have chosen to describe my experience in this area of preparation with the hope it may assist others who face the same challenges.

First a little context. I have been blessed in that I have worked for 43+ years and there has not been a day when I have not been happy to go to work; latterly, in fact, I regarded my work as less a job and more of a vocation. All things being equal I would still be working and enjoying the challenges. That being said, I was always realistic enough to realize the time would come when it was right to stop. I realized a year or so ago that a number of circumstances were telling me now was that “time”.

In a general sense those preparing to retire must answer three basic questions. Where to live? Is there sufficient money? Are they ready? The first was easy for me: both our daughters and their families live within 20 minutes driving distance of us. As to the second, I had started the financial planning aspect some years ago, and my employer makes excellent provision for retirement. The third, “Am I ready?” is the one I was alerted to some years ago by, strangely enough, a commercial by one of the large finan-

cial planning companies. It featured an obviously successful business man urgently making the financial arrangements to retire. It was clear that he was approaching this as he would any business challenge; made a plan, set goals, followed up with those involved. The last scene is him reporting to his wife that he had achieved everything he had intended to do. He tells her with some pride, “Financially, we are ready!” She looks at him for a second, then with a knowing smile asks him, “Yes, but are you?” The scene fades with the camera focused on the look of complete bewilderment on his face.

So how does one make oneself ready? As with many people in a variety of work environments, the economic situation over the past decade has caused us to work at an ever increasing pace. That commercial caused me to ponder the mental impact of retirement. It seemed that if one continued working at today’s “normal” pace up to the last day, and then just stopped, it would be the mental equivalent of an automobile hitting a wall at 50 miles an hour. Ideally there should be a coasting period, allowing a person to gradually shed activities and transfer responsibilities in an orderly and graceful manner, such that one has the time to properly adjust to what is a life-changing event. There is a second issue; how much are we defined by our work activities?

The ideal coasting period was not a viable possibility for me for a number of reasons. We had too few resources to address the work demands; there was a constant need to balance immediate challenges with the work necessary to achieve long term goals. I continued to be stimulated by what I did, and there was no way I was going to “coast” while my colleagues were

working full pace. I realized there were certain deferred long-term goals that were my responsibility and would not be achieved unless I completed them before I retired. Accordingly, 6 months prior to my retirement date I presented my supervisor with a plan for completing the tasks necessary to achieve these goals and for passing on certain responsibilities to colleagues. This entailed me being increasingly divorced from addressing day-to-day challenges. He was in complete agreement and we proceeded accordingly—except that within a few days I was still being asked to address these challenges!

This continued for another 3 months until it finally dawned on me I was falling into the trap I had set out to avoid. Unless I developed a personal exit strategy I would reach my retirement day without achieving any of the desired goals—ongoing work would be unfinished and I would not have handed over my various responsibilities. This was personally undesirable and certainly not in the corporation’s best interest, so I decided to take the initiative and re-prioritize my activities around readying for retirement. My supervisor and colleagues were grateful—it lifted the burden of trying to plan around it. The positive benefit to me was that I had to start “living” my decision to retire; my personal and work focus was on my retirement date and being ready for it. As it turned out there was a synergy of goals. By living in this manner I became attuned to it and was mentally accepting that come my retirement date, I would be done. Similarly as I began to shed work and responsibilities to my colleagues it helped them face an inevitable reality while I was there to assist and advise them.

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*Vergers: continued from page 1*

and laity in the conduct of the Divine Liturgy. The position of verger developed in Medieval England when they served as the “protector of the procession.” They walked before clergy, deans or bishops as they processed within the precincts of the church or cathedral. They carried a large mace or “virge” often used to dissuade animals (or unruly people) from disrupting the procession. Today the verger more typically assists the clergy in planning services and helps oversee the preparations for each service of the church.

The St. Tim’s community is grateful to the vergers and to all of our worship volunteers who so faithfully and ably offer their time and gifts to make our worship services beautiful and meaningful. +



*Michael Cook, Glenn Pfadenhauer, Ralph Tildon, and Jane Perry*

*Retirement: continued from page 4*

I have always tried to balance work activities with family life and other demands. Nevertheless I inwardly acknowledged that simply due to the fact I enjoyed my work I was at least partially defined by it. One of the benefits of having to unilaterally set my schedule and priorities is that it assisted me in shedding this particular concern. The test came 3 weeks before my retirement date when a colleague assumed the responsibility for the update of a document that I had initially created (and was very close to my heart). When

I realized that I felt relief rather than resentment, I knew I had been successful!

The remaining weeks were very enjoyable. I found that my obvious belief that I was going helped my colleagues accept the same fact. Consequently I walked out on my last day happy in the belief that all my special projects had been completed, successors were in place and that my work was complete.

So the advice I offer is not particularly novel; it is simply that it requires a

timely and dedicated act of will to be able to retire with a sense of fulfillment and satisfaction. In more detail, it means that you really have to believe, “Nobody is indispensable”, you are not defined by your work, and there is truth in the statement made by many retirees, “I wonder how I had the time to work”. Like that commercial, you need to dedicate as much time to planning and executing your personal exit strategy as you do to your finances. My best wishes to all those approaching this momentous period in their life. +

**Q: After the Eucharist is celebrated and consecrated, when does one sit down?**

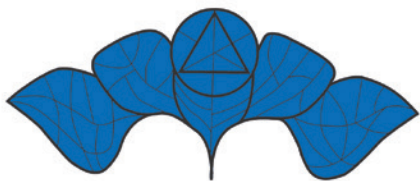
A. The short answer, according to the Rev. Leslie Chadwick: You can sit at any time after the Priests say “*The gifts of God for the people of God.*”

However, most people at St. Timothy’s wait to move around as needed until after the anthem is sung, when the priest starts to take communion and give it to the Lay Eucharistic Ministers and others serving at the Altar.

St. Timothy’s is not a “fussy” church liturgically. People can either kneel or stand during prayers and the Eucharist celebration. In some churches, the priest says “The Gifts of God for the People of God” before setting out all the extra vessels, but at St. Tim’s we set everything up during the short anthem. When there is no anthem at 8 there is a (very) long pause between the fraction—the bread is broken in complete silence, followed by “Alleluia, Christ our Passover is sacrificed for us”—and the statement “The gifts of God...” while the priest gets all the chalices (to hold the wine) and patens (to hold the bread) set up.

At some churches, either the priest says “Alleluia, Christ our Passover is sacrificed for us” OR an anthem is sung after the breaking of bread. We do both at St. Tim’s at 9:30 and 11:00 am. Either practice is allowed in the Book of Common Prayer.

*Submit your questions to the Question Box on the wall in the narthex below the pictures of the bishops, or to the Word Editor at [wordeditor@saint-timothys.org](mailto:wordeditor@saint-timothys.org).*



## St. Timothy's Episcopal Church

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The Word is published monthly and emailed to members and friends on the first weekday of each month. It also appears on the website ([www.saint-timothys.org](http://www.saint-timothys.org)). If you wish to receive a copy by mail, please notify the church office ([office@saint-timothys.org](mailto:office@saint-timothys.org)). Copies of The Word are also available in the office.

### Submission deadline for the next issue: Friday, August 29, 2014

Questions, articles, or ideas, and comments for The Word are always welcome. Send materials via email to [wordeditor@saint-timothys.org](mailto:wordeditor@saint-timothys.org) and put "The Word" in the subject line. Photos are also welcome; please identify key people in photos. Articles or letters may be edited.

## Membership Information

We have *many* active congregants who have been attending and donating to St. Timothy's for many years who are not registered members! Our goal is to aid the transfer of all congregants interested in being registered members of St. Timothy's.

Non-registered members can participate in all aspects of church worship except serving on the Vestry and participating in elections. However, the more registered members St. Timothy's has recorded the more delegates we can send to the conventions (thus giving us a stronger vote in Diocese matters).

To transfer your membership to St. Tim's, or to find out if you are a registered member, contact Nikki O'Malley ([nikki.omalley@gmail.com](mailto:nikki.omalley@gmail.com)) or fill out the Parishioner Information Form: [www.saint-timothys.org/uploads/docs/info-form.pdf](http://www.saint-timothys.org/uploads/docs/info-form.pdf)

## 2014 Vestry

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Fri, 9 a.m. – 1 p.m.

For appointments, please call

703-437-3790

## Service Times

### Sundays

8:00 a.m.

Eucharist, Rite I

9:30 & 11 a.m.

Eucharist, Rite II

Godly Play, ages 3-8

SPARK+, 3-6th grades

Nursery Care

9:45 am

Journey to Adulthood

Rite 13, 7-12th grades

4:00 pm

Misa en Espanol

### Wednesday

12:15 P.M.

Eucharist and

Healing Service

### Saturday

7:00 P.M.

Oracion y Alabanza