

# The Word

St. Timothy's Episcopal Church Newsletter • Herndon, VA

April 2018

*Alleluia! Christ is Risen.*

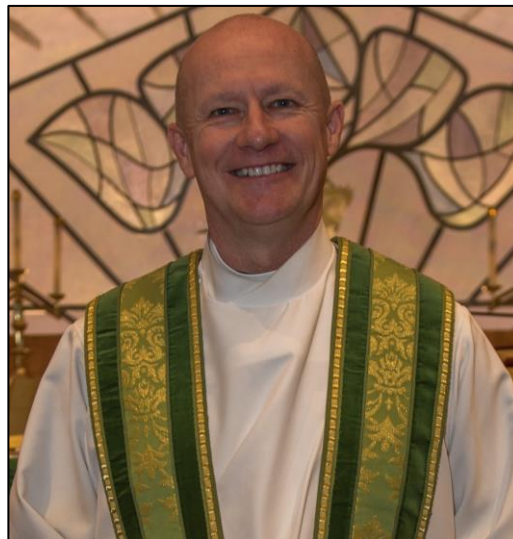
***The Lord is Risen Indeed! Alleluia!***

Dear Friends,

The resurrection of Jesus from the dead is the singular most important event in history. It is also the formative event for Christians and how we understand the world. Our response to this greatest of events is to be grateful for what God has done for us. I have been reading about gratitude and firmly believe that the practice of gratitude is a spiritual discipline. The Apostle Paul commends it to us in Scripture and the very act of Eucharist is a giving of thanks. That is what the word Eucharist means...it means to give thanks.

Just as Lent is a liturgical season, so is Easter. There are 40 days in Lent and 50 days in Easter. Between Easter Sunday and Pentecost is the Season of Easter. Just like in Lent I want to call us to a spiritual discipline, but this time I would like to ask you to take on the practice of gratitude. When we are grateful the mystery and joy of life are protected from cynicism and despair. There are very basic ways we can practice gratitude and we should. We can say thank you when someone gives us something or in some way shares who they are with us. We can teach our children to do the same. Parents, how would you feel if your kids said thank you more often for the things you provide? I am not referring to birthday presents and special things. I am speaking about meals, your time, and your concern among other things. Children, what would it mean to you if your parents thanked you for the laughter you share, the energy you exhibit, and the play you spontaneously share?

There are many medical studies that show gratitude is not only good for the health of our bodies, but it is good for the health of our minds. Since the



beginning of the Christian religion we have understood gratitude as a spiritual practice, one that is commended to us in Scripture and one that is considered by the Church Fathers and Mothers as a requisite for healthy community.

One example from my own life may make my case for me. When I am feeling down or even just a bit tired if I make a list of things in my life for which I am grateful, it begins to change my attitude and I feel better. Let me challenge you for the Easter Season. From now until Pentecost make a list each night of three things for which you are grateful from the day. If you do this for 50 days, I promise you will see a change. Join with me, be grateful, change your life.

Fr. Rich



## *Joy of Living Senior Ministry*

### *Our Mission:*

The Joy of Living Senior Ministry seeks to enhance the lives of the seniors (aged 55+) of St Timothy's Episcopal Church and the surrounding area by encouraging them to grow in the Lord and live fuller, more meaningful lives through education, information and fellowship.

### *When:*

Join us on the first and third Tuesdays of every month at 11am in the Narthex.

### *Mark your Calendars:*

We will spend our time sharing ideas about how the Joy of Living Ministry can help us navigate the golden years and learning more about each other.

*A light lunch will be served.*

### *Sign Up:*

Sign up in Henry Hall after the 8 and 10 a.m. services on Sunday.

### *Questions/Comments:*

Contact Janet Dopsovic at [jgdops@gmail.com](mailto:jgdops@gmail.com)



## *Yard Sale*

Have you been cleaning out your basement, attic and closets? Have you reserved a table for the YARD SALE?

Here is an opportunity for you to donate money to St. Timothy's without writing a check. Bring all your treasures that you do not want, need, or use any more to the YARD SALE on Saturday, June 2nd (rain date June 9th). All proceeds will go to our church. The items you do not sell, you will take home or donate elsewhere. This is also a good day to be with other church members working toward a common goal and enjoying fellowship. You may also bring something to the "Bake Shop" table or shop for treasures at your fellow church members' tables. Reserve a table with Mindy at [mindyrohrbaugh@hotmail.com](mailto:mindyrohrbaugh@hotmail.com). Questions: [ccondro@verizon.net](mailto:ccondro@verizon.net)

## *Epilogue*

From "Introducing the New Testament" edited by John Drane

"It may well be that Jude and 2 Peter both originate from a group of Peter's disciples, in much the same way as we suggested the Johannine letters originated from a "school" of John's disciples. This could explain both the similarities and the differences of 1 and 2 Peter. It could also explain why certain sections of 2 Peter (like the description of the transfiguration of Jesus in chapter one) have struck many readers as authentic reminiscences of Peter himself. Perhaps what we have in both these short letters is a fresh application of the teaching of Peter to the concerns and interests of a Hellenistic Jewish Christian congregation somewhere in Asia Minor towards the end of the first century.

As the years passed, the church had to change and adapt itself to deal with new threats and take advantage of new opportunities. But it never forgot that its thinking and behavior must always be firmly anchored in the experiences and outlook of those first followers who had actually known Jesus. Had it not been for the continuing commitment of a small group of Palestinian peasants, the wider world would never have heard this life-changing message. It was not easy for them. Their courage and

boldness were rewarded with persecution and even death. But their own experience of Jesus was such that they had no thought of turning back. They knew that Jesus was not dead, but alive – and working in power in their own lives through the presence of His Spirit. Not only did He inspire them to great exploits, but he also strengthened them in their trials. And it is no coincidence that one of the latest New Testament writings should sum up their deepest conviction in some of the most striking language of the entire Bible.

‘To Him who is able to keep you from falling and to bring you faultless and joyful before His glorious presence – to the only God our Savior, through Jesus Christ our Lord, be glory, majesty, might and authority, from all ages past, and now, and for ever and ever!’ Jude 24 -25

Jill Cox



### ***Foundation Fighting Blindness Visionwalk 2018***

When it's Spring, it's time for the No. VA VisionWalk. This year the FFB VisionWalk is Sunday, May 6, at Cameron Run Regional Park in Alexandria. I invite you to join me, Michelle Duquette, and my team Michelle's Milers, to walk and raise money to cure blindness!! If you can't join me, please consider supporting me for this very important event. Go to [www.fightblindness.org/northernvavisionwalk](http://www.fightblindness.org/northernvavisionwalk) to donate online. Or send a check made out to FFB No Va Visionwalk and mail it to Michelle Duquette, 837 Van Buren St. Herndon, VA 20170. Your support continues the research, there is a **CURE IN SIGHT!!**

Sincerely,  
Michelle Duquette

### ***Membership Records Update for Adult Children of Members***

Any families in the system that have children turning 21 this year, please note the following information about our records update. Adult children (turning 21 or older) are being designated as their own record and will be labeled as a friend and family member of the church. If the adult child is an active member, please have them supply their current address, phone number, and email address to St. Timothy's or if easier, email the information to [nikki.omalley@gmail.com](mailto:nikki.omalley@gmail.com). If the adult child does not contact us, they will not receive regular mailings or birthday greetings, so please encourage them to do so if they still attend. Thank you!

### ***Reflections on loss in the season of Lent*** *by an anonymous parishioner*

In the season of Lent, many of us are inclined to reflect on loss. The untimely loss of a loved one, loss of a marriage, and financial loss are all examples that many of us face in life.

For me and I suppose, for most of humanity, the fear and anxiety generated by loss can lurk in the background of day to day existence. We are advised that the best medicine is to “let go of loss.” Yet we find that “letting go” is easier said than done.

For instance, my ability to let go of loss has often been a fruitless and ultimately frustrating exercise. I've had more success with embracing something that begins, over time, to displace the loss. Embracing the right kind of challenges cuts through the murk and clutter of those negative emotions and can makes life a joy to live once again.

My grandmother's recipe for coping with loss also included good wine, time well spent with those most dear to us, and sometimes just the “sweetness of doing nothing.” I have found all of those to be wonderful antidotes, but those times are made sweeter by the salt and spice of life's challenges.

For my part, as I look within myself once again to cope with loss, I chose to look outward this time - to put myself “out there” to help others with their struggles and make their challenges my own.

## *Join the National Climate Prayer*

Earth Day 2018 is just around the corner, and people of faith will be coming together to pray for our climate and Creation. Will you join us?

Sign up now to join people across the nation in prayer.

The Earth Day Climate Prayer is bringing together 100,000 people of all faiths to pray for climate healing. At noon local time on April 22nd, we will pause and take a moment to feel the power of prayer and to recommit ourselves to care for the Earth.

The task of reversing global climate change is the great work of our generation, and we cannot do it alone. We need scientific minds, we need renewable technologies, we need policy action, but we also need spiritual power to create a paradigm shift in how we relate to Creation. Let's have the humility to ask for help to realize our profound connection with every creature on the planet.

We will also share thoughts online as inspiration and encouragement for our work to protect Creation. It will be an interfaith, global climate prayer to deepen our intention and commitment, and to tap into the spiritual power to regenerate ourselves and our Earth. Sample prayers from diverse faith traditions will be shared with you.

Sign up today and invite others to join you. I look forward to praying together with you for our common home.

With joy and hope,

Rev. Susan Hendershot Guy



## *Volunteer Sunday- April 29th*

Have you volunteered your time and talent this year? If so, please join the Volunteer Coordination and Support Ministry (VoCoSuM) for cake and heartfelt thanks after worship on April 29th. If you plan to volunteer this year, please complete the STAR (Small Tasks are Rewarding) form (provided during the event) and your name will be entered into the computer system as a STAR or whatever volunteer avocation you would like to pursue. Please contact Nikki O'Malley, [nikki.omalley@gmail.com](mailto:nikki.omalley@gmail.com), for additional information about STAR and VoCoSuM.



*Creating a Sustainable Church: Ensuring St. Timothy's will be around for another 150 years*

### *Part III- The Facility*

One of our primary goals is to grow our church family. If successful, it would provide both a spiritual home for additional families and potentially expand our outreach and impact in the community, state, country and beyond. We currently support the community in numerous ways. For example, we provide space at St. Tim's for groups to gather at a cost of \$5,186.00 per week. In addition, we provide both financial and on-site assistance to Native Americans, children in Haiti and to those who live in Appalachia. To attract potential members, we must be a vibrant church

community. However, the reality is that when it comes to church visitors, you generally don't get a second chance for a good first impression. While it is true that the manner in which visitors are welcomed into houses of worship is very important, it is also true that the condition of a church facility can enhance or undermine the worship experience of a newcomer. Perhaps a well-kept facility may not cause a church to grow but a poorly kept one will inhibit a church from growing. That said, while it is arguable as to whether the well-known expression "If you build it, they will come" is accurate as applied to churches, there is compelling evidence to indicate that **IF WE MAINTAIN IT, THEY WILL RETURN.**

### ***Planned Giving Forum***

*Sunday May 20, 11:30 am to 12:30pm*

Julie Simonton will be our guest presenter. Her role in the Diocese of Virginia is to provide hands-on guidance and resources to congregations in all areas of congregational life, focusing especially on development, including robust stewardship, creative hospitality and spiritual health.

Creative planned giving can offer you the opportunity to make gifts you never thought possible with assets you'd not thought of using. Join Julie Simonton, director of congregational development and stewardship at the Diocese of Virginia, for a forum about impacting more lives for Christ. Come explore how your generosity can enrich the ministry potential of Saint Timothy's Episcopal Church and also your own joy of giving!

Please sign up in the Narthex



**2018 Vestry with Liaison Assignments**

Eugene Nkomba (2019) –*Co-Warden*  
[nkomba@gmail.com](mailto:nkomba@gmail.com)  
703-715-8667

Susy Nixon (2019)- *Co-Warden*  
[senixon@verizon.net](mailto:senixon@verizon.net)  
703-437-0370

**Terms Expire 2021**

Catherine Lamoureux- *Youth Group / Mission*  
[catherine@lamoureux.us](mailto:catherine@lamoureux.us)  
703-391-7807

Andrew Hamm- *Building & Grounds*  
[andyhamm@verizon.net](mailto:andyhamm@verizon.net)  
703-435-0438

Adaku Nwachukwu- *Communications*  
[adaku.nwachukwu@gmail.com](mailto:adaku.nwachukwu@gmail.com)  
301-572-9001

Carmela Condro- *Worship*  
[ccondro@verizon.net](mailto:ccondro@verizon.net)  
703-620-1110

**Terms Expire 2020**

Vidai Genovez (Andres) - *Spanish Service/Misa en Espanol*  
[vidaigenovez@live.com](mailto:vidaigenovez@live.com)  
703-774-2205

Elizabeth Witter – *Pastoral Care*  
[egwitter789@gmail.com](mailto:egwitter789@gmail.com)  
703-244-7940 (C)

Sandy Wright – *Fellowship*  
[quiltdiva730@gmail.com](mailto:quiltdiva730@gmail.com)  
703-716-9094 (H)

Gerritt Peck – *Service*  
[gpeck14@su.edu](mailto:gpeck14@su.edu)  
571-232-0113

**Terms Expire 2019**

Tim Allen – *Formation*  
[Timothy.Lee.Allen85@gmail.com](mailto:Timothy.Lee.Allen85@gmail.com)

Bill Outerbridge – *Stewardship*  
[outerbridge@aol.com](mailto:outerbridge@aol.com)  
703-860-8537



## **St. Timothy's Episcopal Church**

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**[www.saint-timothys.org](http://www.saint-timothys.org)**

The Word is published monthly and emailed to members and friends the first week of the month. It also appears on the website. 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.

### **Service Times:**

Saturday: 7:30 pm Santa Eucharista

Sundays: 8:00 am Eucharist, Rite 1

9:00 am Children's Eucharist

10:00 am Rite II service with Holy Communion

Godly Play ages 3-2nd grade

SPARK+, 3rd-5th grade

Christian Ed

Nursery Care

Wednesday: 12:15 pm, Eucharist and Healing Service

### **Rector**

The Rev. Dr. Rich Bardusch

### **Interim Director of Music**

Mr. Roger Long

[rogerl@saint-timothys.org](mailto:rogerl@saint-timothys.org)

703.437.3790 x.16

### **Bookkeeper**

Ms. Fernanda Marinkovic

[bookkeeper@saint-timothys.org](mailto:bookkeeper@saint-timothys.org)

703.437.3790 x.13

### ***Welcome New Members***

Please be aware that there are MANY active congregants who have been attending and donating to St. Timothy's for many years that 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 congregants can participate in all aspects of church worship with the exception of 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, giving us a stronger vote in Diocese matters.**

If we don't have an email address for you and your family, or if your email has changed, update your information at [www.saint-timothys.org](http://www.saint-timothys.org) or send the information to [office@saint-timothys.org](mailto:office@saint-timothys.org).

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)

### **Submission Deadline for the next issue:**

**Wednesday, May 2, 2018**

**Submit to Ian Smith at**

**[ids227@gmail.com](mailto:ids227@gmail.com)**



*The disciples went and did as Jesus had directed and brought the donkey and her foal; they laid their cloaks on them and Jesus mounted. Crowds of people carpeted the road with their cloaks, and some cut branches from the trees to spread in his path. Then the crowd that went ahead and the others that came behind raised the shout: “Hosanna to the Son of David! Blessings on him who comes in the name of the Lord! Hosanna in the heavens!”*

*When he entered Jerusalem the whole city went wild with excitement. “Who is this?” people asked, and the crowd replied, “This is the prophet Jesus, from Nazareth in Galilee.”*

Matthew 21: 6-11 (*The New English Bible with the Apocrypha*)