

# The Word

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

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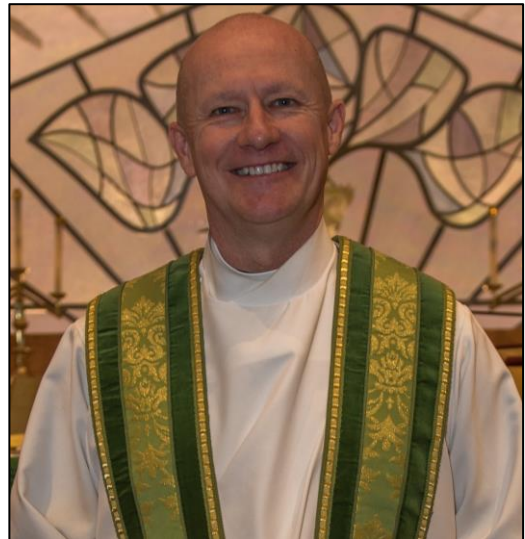
August 2018

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Dear Friends,

I would like to take this month and next month to highlight some events at St. Timothy's. I am going to need two months because there are quite a few, some new and some old. First, one of our new programs which will be going on for the next year is our Centering Prayer Group. This group has been meeting on the first and third Saturdays of each month and will continue to do so throughout the year. We meet from 10:00 a.m. until 11:30 a.m. in B-1. The simplest description of Centering Prayer is that it is Christian Meditation. The time we spend together includes centering, Lectio Devina (a form of Bible Study), about twenty minutes of meditation, followed by a book study. We have already studied "With Open Hands" by Henri Nouwen, priest and monk. Our current book is "Peace is Every Step" by Thich Nhat Hanh, Buddhist monk from Vietnam. I am happy to meet with people to discuss what Christian Meditation is about and help you discern if this might be a fit for you.

Second, our youth group will begin again on Saturday, September 15 at 5:00 p.m. The youth group is from 5:00 pm.-7:00 p.m. We began this youth group last January and it has doubled in size since then. We also went on a mini-pilgrimage in June to Jamestown and Yorktown to see where Anglicans first came to America. On our second day there we also visited the Old Country (Busch Gardens) to see what roller coasters looked like in the Colonial Period. There were 23 adults and youth who went on the pilgrimage. We begin each meeting with pizza and meet on the first and third Saturdays of each month. Beginning in September we have decided to allow children in grades 5 and up to participate.



Third, we began English as a Second Language (ESL) classes in July. We have a small class of determined Spanish speakers and we are ready to pair them up with English mentors. If you have time to meet once or twice a month and just speak with someone we need you. You don't have to learn or know Spanish. We just need individuals willing to give an hour or two helping a Spanish person practice their English. If you think this might be for you, please contact Tatiana Martinez at [tatymartinez2002@yahoo.com](mailto:tatymartinez2002@yahoo.com).

Fourth, on August 19, we will be celebrating Fairfax County's first "Walk or Bike to Worship Week." The purpose of this event is to promote alternative methods of getting around Herndon and encourage better health among our people. If you are able, you are encouraged to walk or bike to church that Sunday. Please let me know if you do so on the 19<sup>th</sup> so that I can give you a sticker and recognize your effort.

Finally, I want to make a pitch for our Welcome Home Sunday. This year it will be on Sunday,

September 9. After the 10 a.m. service we will have a cookout on the lawn. Please plan to join us at the cookout and bring a side dish to share. Hot dogs and hamburgers will be provided by the church.

Summer Blessings,



The Rev. Dr. Rich Bardusch



### *Joy of Living for Seniors Ministry*

The Joy of Living for Seniors Ministry is proud to present a **free information session about dementia**.

SEPTEMBER 16, 2018  
11:30am in Henry Hall  
(Light lunch will be provided)

Recognizing Dementia- a free learning session in September

Dementia Friendly America is a national public-private partnership whose mission in part is ... to more effectively support and serve those across America who are living with dementia and all the people who care for them.

The Town of Herndon was the first community in Virginia to become Dementia Friendly!

- When we are leaving a concert and come across a person using a cane, we make sure to give them plenty of room to navigate.
- When the elevator doors open and we see someone exiting who is using a walker, we hold the door open for them.
- When we meet someone in a wheelchair, we don't stand over them to talk, we squat down to their eye level.

We've all been publicly trained to be kind, compassionate and helpful to someone we understand to have a disability.

But because dementia is an invisible disability, we don't always recognize the fact that they need us to help them by being kind and compassionate.

Please help us plan for lunch by signing up through St Timothy's website or on the sign-up sheet in Henry Hall.

*Creating a Sustainable Church - Ensuring Saint Timothy's will be around for another 150 years*

### *Chapter VII- Growing the Endowment Fund*

The Endowment Fund at St. Timothy's is a portfolio of assets where the principal is held in perpetuity with "only" the income generated from the investments being used to benefit the parish. The Fund is not intended to compete with regular annual giving but rather to build a permanent source of future income. Donors like funding endowment funds because it is a way to fund an institution they believe in on a regular and sustainable basis long after they are gone. In effect, donors provide a gift in the present to fund good works at St. Timothy's for years to come.

Gifts to the Endowment Fund can be large or small and can take the form of cash, personal property, life insurance, and real estate to name only a few. For example, a donor can open a bank account and designate St. Timothy's as the beneficiary of the interest proceeds; a donor can designate the Endowment Fund as the beneficiary of the proceeds of an existing IRA account; if a donor would like to reduce the effect that Required Minimum

Distributions (RMD's) have on their taxable income, consider a charitable contribution of the required distribution and lastly, a donor can designate the Endowment Fund as the beneficiary of their life insurance policy. In addition to being an enduring statement of faith, contributing to the Endowment Fund can have the effect of reducing your taxes if the proceeds of these investments are paid **DIRECTLY** to the Endowment Fund.

Moreover, if the donor so chooses, the donor can designate the contribution for a specific purpose. Of course, you should consult with your financial advisor as to the effect these contributions have on your estate plan and/or tax liability. In sum, the extra income derived from a robust Endowment Fund of \$500,000 or greater can make a real difference in the life and mission at St. Timothy's.

*Contributed by Endowment Committee, Point of contact - Deke Smith*



*Helen Guest presents a bouquet to Beth Lumnitzer in recognition of many years of dedicated service to St. Timothy's.*

### ***Summer Cookouts at St. Timothy's – July 15<sup>th</sup> through August 29<sup>th</sup>***

Starting July 15<sup>th</sup>, we will have a cookout on Sunday after the 10:00 service (rain or shine-we

will gather in Henry Hall if it rains). The church will provide hamburgers, hotdogs, buns, condiments and water. Just bring a dish to share and plan on enjoying time for fellowship with your fellow parishioners. It's a great time to invite a guest to St. Timothy's. Questions? Comments? Would you like to lend a hand? Contact Sarah Hobson ([sarahlhobson@gmail.com](mailto:sarahlhobson@gmail.com)) or Susy Nixon ([senixon@verizon.net](mailto:senixon@verizon.net)).



### ***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 through the "Sign-up Genius" link on the St. Timothy's website.

#### ***Questions/Comments:***

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



EXAMPLE, WAKING THEM UP WAS A VERY GOOD THING SPIRITUALLY, BUT IT WAS VERY BAD MANNERS. (my capitals!) The biggest conflict was that being polite often involved falsity – whether it was insincerely complimenting someone or concealing the hostility you felt towards people to whom you were sucking up.

Philosopher Immanuel Kant spent ages pondering whether it was immoral to tell your servants to say you were not at home when really you just didn't want visitors or sign a letter "yours faithfully" when you weren't really faithful. The consensus that emerged was that benevolence should take priority over truthfulness. If a terrible author asks, "What did you think of my book?", you should at least be polite about it.

There may be more when I finish the book!!

Restfully submitted,

Jill Cox

### ***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!

### ***Holiday Bazaar***

Yes, it is time to think of fall events at St. Timothy's. Our Holiday Bazaar is planned for Sunday, November 11<sup>th</sup>, from 9 am to 1 pm to raise money for the General Fund. The planning committee held their first meeting on July 29<sup>th</sup>. We are excited to have many new members on the committee.

### ***Pursuit of Civility***

I recently read an excerpt for a book entitled "Pursuit of Civility in Early Modern England" by Keith Thomas who is an honorary fellow at All Souls College as well as being a noted historian and author.

The first question posed in the book is "What exactly does it mean to be civilized on the 16<sup>th</sup> to 18<sup>th</sup> centuries?" A big part of this definition concerned civility and manners and the following quotation might provoke some thoughts among the St. Timothy's family.

"How did manners relate to religion?"

In principle manners and religion should have pointed in the same direction. Civility advocated benevolence, compassion, courtesy, decency, honesty and modesty – all of which you might have heard about in sermons. Early theorists of civility said that good behavior and bodily comportment reflected the healthy condition of your soul. But it didn't work that way. The problems began when puritans realized that civility requires you to be courteous and friendly to very sinful people and put politeness before their spiritual health. IF SOMEBODY FELL ASLEEP IN CHURCH FOR

This year we are adding some new tables along with our vendors and crafters. For example, we will have a Christmas table for you to donate those Christmas decorations you have accumulated and no longer use. We will have a basket raffle where one or two people decide on a theme, such as gardening, and fill a basket with gardening items: tools, gloves, books on gardening, bulbs to be planted, etc. The value should be \$20 to \$30 per basket and people will submit bids until bidding is called to a close. The highest bidder gets to buy the basket. Think of some creative ideas for these baskets. We will continue to have a bake sale table and a vendors' raffle table.

During August, St. Timothy's congregation and Holy Trinity Parish will have the opportunity to reserve a table to sell products or crafts. An 8' table will be \$45 and a 4' table space will be \$35. In September, table rentals will be open to the community. For a registration form, email [ccondro@verizon.net](mailto:ccondro@verizon.net).



### *Altar Flower Donations*

Dear Friends,

I am writing to let you know that the Altar Guild would like to invite members of the parish to bring in flowers from their yards from now until frost for the Altar. The flowers need to be in the cooler in the kitchen by Friday afternoon so that they can be arranged on Saturday by the Altar Guild. The Altar Guild will continue to accept donations of \$50.00 or more for each Sunday the flowers are in Memoriam of someone. However, it will help tremendously if we can have some flowers from our own lovely gardens.

Please contact Mary McLenigan ([mpmhokie@verizon.net](mailto:mpmhokie@verizon.net)) or Carol Sinclair ([csinclair83@msn.com](mailto:csinclair83@msn.com)) one week prior if you wish to donate flowers. A week's notice is necessary to ensure recognition for the contribution is put in the bulletin. Flowers will be arranged by the Altar Guild so more than one person's flowers may be in an arrangement. Also, specific flower requests made in Memoriam will have priority. We will do our best to use the flowers we receive, but aesthetics will decide how they are to be arranged.

Please note that blue/purple flowers will not be accepted due to the fact that this color does not show up at a distance and appear as "holes" in the arrangement.

Flower Blessings,

Father Rich

**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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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

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

703.437.3790

### **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:**

**Thursday, August 30, 2018**

**Submit to Ian Smith at**

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



*Jesus said, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."*

*Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."*

John 6:35, 41-51 (New Revised Standard Version Bible)