

The Word

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

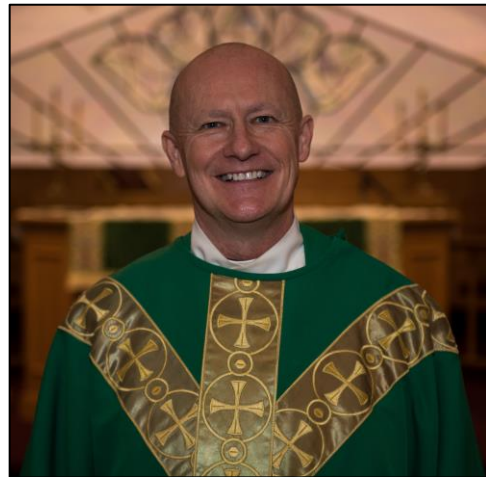
March 2019

Dear Friends,

In the name of the church, I invite you to a Holy Lent. The observance of Lent is a uniquely Christian experience and has been practiced in the Christian community since the early days of the church. It is a season of spiritual discipline, which prepares us to experience Easter Joy. Have you ever heard the phrase, “You get out of something what you put into it”? We get out of Easter what we put into Lent. If we just show up on Easter Sunday, it won't be much more than a Super Sunday with lots of extra flowers and extra people. But, if we invest in preparation, Easter Rocks! There is much joy to be had. When we are intentional about walking the journey of Lent, and especially Holy Week, the significance of Easter becomes that much more important.

Let me highlight Holy Week. The services during Holy Week are designed to enable participants to step onto that emotional roller coaster ride that Jesus and his followers experienced firsthand. The purpose of Holy Week is to incorporate us into the experience of the first disciples. It is our turn to feel the joy of Palm Sunday which quickly crashes into “Crucify Him! Crucify Him!” It is our turn to move in the darkness of the Last Supper and to experience our death in the stripping of the altar. We get to keep vigil in the garden overnight and rise to the shock of injustice and despair of the crucifixion. We get to die. Then we wait for the turn of the hour at the Great Vigil. It is not pleasant and it is not easy, but it is real.

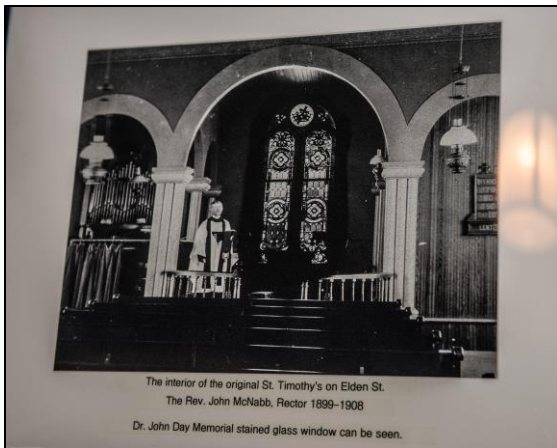
If you were like me growing up, you probably didn't attend Holy Week services. We were too busy. There was too much to do. “I will go on Easter,” I said to myself. I have since learned that with Holy Week, Easter is so much deeper and



richer. Easter is joyful when I am incorporated into the despair and injustice. Easter makes it make sense. Death is defeated. Holy Week and Easter defeat death.

This year will be our second year with a Tenebrae service on Wednesday night during Holy Week. This service is different in that it has no sermon and no Eucharist. It is a service of light and dark, of recitation and reflection, of sight and sound. It only lasts one hour and we depart in silence as we begin the journey of Holy Week. Tenebrae puts us in mind of why we need the next three days: Maundy Thursday, Good Friday and Holy Saturday. This year the Altar Guild will prepare a small garden in Henry Hall for those who choose to keep vigil the night of Maundy Thursday. This garden is meant to offer an opportunity to be in the Garden of Gethsemane with Jesus on the night in which he was betrayed. If you have never kept vigil, I encourage you to try it for an hour this year. I invite you to commit to Holy Week as preparation for Easter. I invite you to a Holy Lent.

Fr. Rick +



Framed 1905 photo of interior of church sanctuary

Stepping back in time

In continuation of the 150th Anniversary of St. Timothy's, parishioners were feted with an informative and enjoyable program at the Herndon Masonic Temple No. 264 on the afternoon of Sunday, February 10th. The Elden Street site, now home to the Masonic Lodge, housed the first formal sanctuary of the church in Herndon. As parishioners arrived, the Masons treated everyone to a delicious soup lunch in the community room while displaying memorabilia and answering questions about their activities.



St. Timothy's member, John Nixon, viewing Masonic memorabilia

Everyone was then invited to tour the worship hall where St. Timothy's members were able to closely view the beautiful church memorial windows that are still a part of the building. Worshipful Master Bennett Corrado gave a brief history of the Herndon Masons and introduced the first guest speaker, local historian Barbara Glakas. Ms. Glakas provided an

overview of the history of the town of Herndon and the area's culture. Anne Crocker, former archivist of St. Timothy's, then took us through the years of the church in Herndon starting in 1868 and ending with the move to the Van Buren Street location in 1968. Sandy Schanne, a St. Timothy's parishioner, spoke of her personal memories attending church in the Elden Street building as a child in the 1950's, including the wearing of hats and white gloves every Sunday. She also related how family life revolved around the many church functions.



Sandy Schanne with small hat

Father Rich finished the program with a hearty thank you to our hosts and speakers. Two framed enlarged photo copies of the interior that were from the St. Timothy's records from 1905 and 1960 were also presented to the Masonic Lodge. The Herndon Public TV channel filmed our afternoon, "A Visit to the Past" and will notify us of when it will have the program available for viewing. Everyone agreed it was a wonderful chance to see a part of St. Timothy's history up close and in person!

~ submitted by Elaine Horsfield



Barbara Glakas and Anne Crocker

St. Timothy's Welcomes New Director of Christian Education



Meet Alyssa Stoffer, our new Director of Christian Education, who started in the last week of February. Alyssa is certified in Youth and Family Ministry as well as being an Early Childhood Teacher. She holds degrees in Psychology, Music, and Early Childhood Education. Alyssa has a passion for children, adults and the community. She has worked previously at Episcopal, Lutheran and Methodist churches across the country, serving in Youth and Family Ministry positions.

Alyssa is delighted to join the staff at St. Timothy's. She will strive to make St. Timothy's a place where all God's children know love, where they are loved and where they come to know and love Jesus. Alyssa is married to Brian Stoffer and together they have three amazing children; Colin, Faith and Dillon.

Capital Campaign Launches in March

The Capital Campaign Committee is excited to announce that "Growing Saint Timothy's Another 150 Years" will begin with a Luncheon after the 10:00 service on 10 March 2019. The goal of the five-year campaign is to raise \$825,000 for three areas:

Bricks and Mortar \$650,000

- 1) \$50,000 is for replacing the tile flooring and painting of the walls and ceiling in Henry Hall.
- 2) \$250,000 is for the repair and replacement of the eight HVAC Systems at St. Timothy's. Three are relatively new and in good shape. Five Systems need either total replacement or rebuilding.
- 3) \$50,000 is for replacing the roof on Henry Hall and the Sanctuary. It has been forty years since we replaced the roof on Henry Hall and we are now having to replace it section by section. If we don't replace all the roofs, we will begin to see water damage to the buildings.
- 4) \$300,000 to replenish the Reserve Fund, which is used to pay for large capital expenses. We need to restore the fund to its appropriate level in order to pay for the repairs and replacements that are going to occur in the next ten years.

Programs \$100,000

Christian Formation for children and adults is an area critical to the sustainment and growth of St. Timothy's. In order to ensure full funding in the yearly budgets for Christian Formation programs, money is being dedicated in the capital campaign toward those requirements. The capital campaign funds designated for Christian Formation will be used in addition to the funds allotted in the operating budget for Christian Education for the purpose of expanding and growing programming for both children and adults.

Missions and Ministries \$75,000

1) The Latino Ministry was founded at St. Timothy's in 2012. It is a solid ministry that is now seeing growth. The Latino Ministry is built on our Spanish-speaking congregation. This year it has added English as a Second Language (ESL) class and established a bilingual youth program. The \$25,000 for supplies and programming for the Latino Ministry would be spread over five years and is considered support beyond the operating budget, an extra push to help this young ministry continue to grow.

2) Senior Ministry was founded at St. Timothy's in 2017. The program "Joy of Living" supports those over 55 through food, fun, and fellowship. During the program year, the group meets twice a month and provides education and local resources for our senior members. The estimated \$25,000 would be

spread over five years and is for programming and supplies.

3) Newcomers Ministry is being revitalized at St. Timothy's and needs both people and funding. The estimated \$25,000 is for supplies and marketing spread over the next years.

- submitted by John Nixon



What Shrine Mont Means to Me

Leaving the hustle-and-bustle of DC for a relaxing weekend in the mountains and spending quality time with my church family – this is what Shrine Mont is all about for me. This will be my third year attending St. Timothy's annual Shrine Mont retreat and it can't get here soon enough. I wasn't sure what to expect the first time I went. First, the natural beauty of Shrine Mont blew me away. I didn't grow up around mountainous or forested areas, so I'm always in awe when I can visit these places, and Shrine Mont didn't disappoint. Whether it was sunny or rainy, a peace and calm washed over me, which is hard to come by in DC.

Most of all though, spending quality time with my church family is what really makes Shrine Mont unforgettable. My first year attending Shrine Mont was really the first time that I got to know my church family. Whether it was enjoying a Southern meal together, late night sing-alongs in Lexington House, or Sunday service at the outdoor shrine, I felt more connected to my church family than I had before. Our lives are incredibly busy, so having a weekend just to slow down and enjoy everyone's

company is a blessing. Also, being able to share my passion for playing clarinet with my church family at the Talentless Show and Sunday service is the cherry on top.

Not only is this my third year attending, but it's my second year organizing the retreat. I always enjoy hearing everyone's memories of past retreats, so I look forward to continuing those memories and helping to create new ones. If you've never been to a Parish Retreat at Shrine Mont before, I encourage you to join us and to spend some quality time with your church family – you won't regret it.

- submitted by Rob Huizar

Seniors Enjoy Turkish Coffee



Photos by Dean Rohrbaugh

The Joy of Living for Seniors group had a very successful event on Tuesday, February 5th. Gizem Salcigil-White, also known as the Turkish Coffee Lady, presented a modern approach to the traditions and rituals of Turkish Coffee Houses that date back to the 16th century. Everyone in attendance enjoyed a cup of her Turkish coffee and had a lesson on how to make Turkish coffee at home.



Gizem Salcigil-White



Isik Tacoglu.

Ms. Salcigil-White has a gourmet café in Tysons Corner Mall. Information about the Turkish Coffee Lady is posted on the Joy of Living bulletin board in Henry Hall. You can also visit her website (www.turkishcoffeelady.com), to explore having an authentic Turkish gourmet coffee experience.

-submitted by Mindy Rohrbaugh

Holy Trinity Parish and Independent Catholics Part Two: Independent Catholics in the last 20 years

I lived in Rochester, New York, in 1998 when Spiritus Christi Independent Catholic Church broke off from Corpus Christi Roman Catholic Church. They presented a vigorous slate of social justice issues and social interventions in the city. They ordained a woman priest. They took a large percentage of the parishioners with them in a bold move that kept the newspapers busy for months.

They were not the only highly visible group leaving the Roman Church in the late '90s and early 2000s. In 2002, the Roman Catholic Women priests (The Danube Seven) began to ordain women as priests outside of the Roman protocols, claiming to be validly apostolic and retaining their Roman identity. Since then, they have re-written the liturgy to better reflect the early Christian liturgies, while being gender-neutral and using meaningful updated

language. They now have churches in 32 or more states (the closest in Maryland), and an international presence.

The film industry has also recognized the question of ordaining women within the Roman Church. *Pink Smoke over the Vatican* is an award winning 2011 documentary film by Jules Hart about women who have been ordained as priests in the Roman Catholic Church.

As of 2016, the number of Independent Catholics in the United States was about 1 million. At the same time there were about 1.5 million Orthodox Catholics, 2.8 million Episcopalians, 5.9 million Jews, and 64 million Catholics. The term “independent” may be somewhat confusing. In this usage, it means independent of the Roman Catholic Church, and not under jurisdiction of the Pope. An independent church is not necessarily a stand-alone church. CACINA, for example, has 15 affiliated parishes and missions, located in Oregon, Texas, Florida, Tennessee, Virginia, New York, Pennsylvania, Minnesota, and Maryland, and three religious communities.

Wikipedia has a list of “Independent Catholic Denominations” listing more than 200 churches. Some ordain women, some have religious orders and some have but a single bishop. Identifying Independent Catholic Churches is difficult because almost every month a new church is born in the United States and almost every month a church splinters – either from dysfunction or vitality, depending on how you view it. They continually revive and experiment with their identity, because they test and harbor that which is not allowed elsewhere. They serve as “Catholicism’s research lab, incubator, and black sheep”. (This is the second of a four-part article on Independent Catholics) (Next Month: *History of CACINA*)

- submitted by Rev. Martha Tolen

On February 10th we welcomed guest preacher, Pastor Kay Ressel, from the Pine Ridge Retreat Center in South Dakota.





The Two Bookends of Epiphany

As the season of Epiphany draws to a close, we remember that it begins with the Baptism of Jesus by John in the Jordan river and the awesome statement from God “You are my Son, the Beloved: with you I am well pleased.” The season of Epiphany ends with the Transfiguration of Our Lord with another of God’s witnessed and well documented pronouncements, “This is my son, my Chosen; listen to him!” In these two witnessed events, we have God clearly telling us who Jesus is and that he deserves our respect and adoration.

Many poets and composers have been inspired by the two ‘bookends’ of Epiphany with poetry, writings, anthems, and other musical settings of these two narratives as well and of the beginning events of Jesus’ ministry.

Our Gradual hymn for March 3rd, H ’82 #129, *Christ Upon the Mountain Peak*, by Brian Wren, was written in 1962, originally for a conference. The poetry encapsulates the Transfiguration story quite well. The tune, *Mowsley*, gets its name from a small village in Leicestershire (approximately 50 miles east of Birmingham) where the composer, the Reverend Canon Cyril Taylor, grew up and where his father served as rector at the historic St. Nicolas’ Church. This same tune also appears in the Easter section of our hymnal as #195, set to the text Jesus Lives!

~ submitted by Roger Long

Sharing Teaching Tips with our Friends in Haiti: Intelligence Is Not Predetermined

Lessons and experiences in school, as well as life lessons, contribute to the growth of our brains over time. As we practice new skills and remember others, the brain will form new pathways by connecting specific neurons. This is known as brain plasticity. Likewise, by not practicing certain skills, the brain will eliminate certain pathways. The important concept to remember about brain plasticity is that intelligence is not fixed. Students should never see themselves as “not very smart”. In fact, all students are capable of growing their brains and getting “smarter”.

As a teacher, you can take steps to make your classroom a place where all brains grow. These are a few tips for helping your students:

- *Practice* - repeating an activity, retrieving a memory, and reviewing material helps to build thicker, stronger pathways in the brain.
- *Connect* - when introducing new material, try to connect it to previously learned concepts. This helps to increase brain activity and form stronger pathways.
- *Empower* - always remind students that they are capable of “changing” and growing their brains by studying and reviewing. Intelligence is not pre-determined. Intelligence is not fixed.

Teachers can empower their students by continually reminding them about brain plasticity and their responsibility to work hard, develop strong neural pathways and get smarter. Knowledge is Power.

~ submitted by Frank Wagner
(Frank is a parishioner at St. John Neumann Church in Reston and also a member of St. Timothy’s Haiti Ministry)

March First Is St. David’s Day

The patron saint of Wales, David, whose name means “beloved”, was born into a family of one, Sanctus, in Menevia, in the 6th century A.D. Despite the overwhelming victory of the pagan Angles, Saxons and Jutes in the 5th century, one part of

Britain continued in the ways of Christianity in Wales, west of the Wye River, which was the last stronghold of the old Britons whose faith was established in Glastonbury, where it is alleged that the Holy Grail was brought from Jerusalem by Joseph of Arimathea.

Little is known of David's early life, except that when he was quite young, he established a monastery near his home and became its abbot. He wanted only to study and meditate, but became involved with other bishops in a combat to refute the heresy of Pelagianism. David proved to be so eloquent and learned during these debates, that the Archbishop Dubricius chose David to be his successor as the Primate of Wales. In time David founded eleven other monasteries in Wales and made a pilgrimage to Jerusalem.

A scholar, a competent administrator and a man of moderation, David filled the office he held with distinction. He became a leader and guardian of the Christian faith in Wales and eventually moved the center of episcopal government to Menevia, now called Ty-Dewi (House of David).

The cathedral and a population of 1600 near Whitesand Bay in Wales combine to make this the smallest city in Britain. Built in the 12th century, St. David's has a highly decorated interior which includes colorful ceilings and beautiful carved seats in the choir. In 1220 A.D. the tower collapsed and destroyed the choir. An earthquake 28 years later damaged the foundations. The building was restored, but the nave has a definite slope and the columns on either side lean slightly outwards. The portable altar stone in the south transept was reputedly given to St. David by the Patriarch of Jerusalem during the visit in the 6th century. It seems appropriate to remember the studious and meditative life St. David wished to live as we embark upon this season of repentance, reflection and renewal of faith called Lent.


- submitted by Jill Cox

A Snowy Baptism

Evie Risdal was baptized at the 8:00 service on January 10th, during a snow storm. There were 23 people for the baptism and several inches of snow on the ground.



Upcoming Events

<p><i>Joy of Living Events for March</i></p>	<p><i>How is your Hearing???</i> On Tuesday, March 5th, from 11:00 am to 12:30 pm, Joy of Living is hosting Dr. Kelly McQueen, audiologist, from Ascent Audiology and Hearing. She will be doing a presentation and conducting free screenings. Free Lunch will follow Dr Kelly McQueen's informational speech on the hearing health of seniors. We need a headcount for this event, so please use the sign-up sheet on the JOL bulletin board in Henry Hall, or email joyofliving@saint-timothys.org or office@saint-Timothys.org.</p>
	<p><i>Legal Documents Every Senior Needs</i> On Tuesday, March 19th, from 11:00 am to 12:30 pm, Joy of Living is hosting Dave Dopsovic, who will review with us the need for Powers of Attorney, Medical Directives and Wills. Please use the sign-up sheet on the JOL bulletin board in Henry Hall, or email joyofliving@saint-timothys.org or office@saint-Timothys.org.</p>
 <p><i>150th Anniversary Events</i></p>	<p><i>Who Do You Think We Are?</i> To continue our 150th anniversary celebration, we want everyone to put their memories to work by bringing and viewing photographs from St. Timothy's activities over the years. Please bring your photos and albums of church functions to Henry Hall on Sunday, March 24th starting after the 8:00 am service and continuing through the morning. Albums from the church archives will also be available. If you can, we would greatly appreciate it if you can scan your pictures and bring a copy to share. Make sure to label your photos and albums with your name. If you can't attend, but have materials that the congregation would enjoy, contact 150thanniversary@saint-timothys.org. Who has the oldest photo of St. Timothy's? Let's reminisce and enjoy old times while identifying events and participants who have made St. Timothy's "Who We Are!" For additional information, email 150thanniversary@saint-timothys.org.</p>
	<p><i>Celebration of Marriages at St. Timothy's</i> Were you married at St. Timothy's or married by one of our priests? We are planning an event to continue celebrating St. Timothy's 150th anniversary this year by recognizing people married at St. Timothy's. If you and/or your children were married by one of our priests, we would like to recognize you in this celebration of marriage on Sunday, June 9th, at the 10:00am service. Also, if your spouse is deceased, we will still recognize the bride or groom as part of St Timothy's history. If you would like to participate, please email Mindy Rohrbaugh (mindyrohrbaugh@hotmail.com). All couples in the congregation who would like to renew their wedding vows will have the opportunity to do so during the 10:00 am service. We are planning a wedding reception to follow. Anyone interested in displaying their wedding dress or wedding album may bring items to Henry Hall the morning of June 9th.</p>
<p><i>Centering Prayer Workshop</i></p>	<p><i>Introduction to Centering Prayer Workshop</i> Saturday March 23rd, 10:00 am -2:00pm. Room B1. This Workshop, led by Father Rich, will introduce Centering Prayer, its history and purpose, plus time for actual practice. It will also include resources and optional</p>

	next steps. The cost is \$20, which includes lunch (there is scholarship money available). Please contact Mindy Rohrbaugh (mindyrohrbaugh@hotmail.com) to be added to our reservation list.
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Lenten Outreach Backpack Meals Program: Helping Hands, Feeding Friends

During spring break, children who normally participate in the free and reduced cost school meal programs at Clearview Elementary School do not have access to this source of food that their families rely on. During Lent, the Service Ministry is asking for your help to bridge this gap and make sure that children in our community go home for spring break with healthy food to eat. Please help us collect food items, pack meal kits and deliver them to Clearview, just up the road from St. Timothy’s. We have committed to delivering 150 meal kits (10 items in each), which will be distributed to students so they will have food over the Spring Break.

You can help us by purchasing some of the food items listed below and bringing them to Henry Hall on Sundays during Lent, starting March 10th. Then stop by after the 9:00 and 10:00 am services on Sunday and assemble a bag while you drink coffee and catch up with friends. All ages are invited to help make cards, decorate bags and assemble kits, etc. to make this effort a success. We will be collecting food and assembling bags for five weeks, March 10 – April 7. All items must be individually wrapped. Any leftover items at the end of this drive will be donated to the LINK food pantry. Please contact Amy Hein with questions or offers of help (amymhein@gmail.com) and 719-352-5815).

Thank you for putting your faith to work!

Last Name	Food Item	Examples
A-F	Breakfast items and snacks	Cereal bars (e.g., Nature’s Bakery fig bars) Oatmeal packs Individual boxes of cereal (lower sugar varieties) Pretzels, Goldfish packs, granola bars Popcorn: pre-popped or microwave (unpopped) Fruit cups, dried fruit, nuts (no applesauce pouches as they tend to get puncture)
G-R	Lunch and dinner items	Tuna/chicken & cracker kits Pop top soup cans Whole grain individual pasta meals Individual Mac and Cheese Shelf-stable individual prepared meals (e.g., Dinty Moore, Chef Boyardee, Hamburger Helper)
S-Z	Drinks	Shelf-stable milk boxes

- submitted by Amy Hein

2019 Vestry with Liaison Assignments

Elizabeth Witter (2020) – *Senior Warden*
egwitter789@gmail.com
703-244-7940 (cell)

Carmela Condro (2021) – *Junior Warden/Worship*
ccondro@verizon.net
703-620-1110 (home)

Terms Expire 2022

Allison Dodd – *Christian Formation*
aahedley@yahoo.com
202-365-7595 (cell)

John Druitt – *Communications*
druitt@aol.com
703-989-0770

Brian Flusche – *Stewardship/Finance*
fluscheb@gmail.com
719-235-7658 (cell)

John Nixon – *Communications*
jnixon@verizon.net
703-973-8005 (cell)

Terms Expire 2021

Andrew Hamm – *Buildings & Grounds*
andyhamm@verizon.net
703-435-0438 (home)

Catherine Lamoureux – *Youth*
catherine@lamoureux.us
703-391-7807 (home)

Adaku Nwachukwu – *Pastoral Care*
adaku.nwachukwu@gmail.com
301-775-7870 (cell)

Terms Expire 2020

Vidai Genovez (Andres) – *Latino Ministry*
vidaigenovez@live.com
703-867-4612 (cell)

Gerritt Peck – *Service*
gpeck14@su.edu
571-232-0113

Sandy Wright – *Fellowship*
quiltdiva730@gmail.com
703-716-9094 (home)

**NEW VESTRY PHOTO
COMING SOON**



St. Timothy's Episcopal Church
432 Van Buren Street, Herndon, VA 20170
Voice: 703.427.3790 Fax: 703.787.9781
www.saint-timothys.org

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
703-437-3790 x12

Director of Music

Mr. Roger Long
rogerl@saint-timothys.org
703-437-3790 x16

Director of Christian Education

Ms. Alyssa Stoffer
alyssas@saint-timothys.org
703-437-3790 x17

Bookkeeper

Deb Angerman
bookkeeper@saint-timothys.org
703-437-3790 x13

Editors of *The Word*

Ms. Susan Nixon and Ms. Ching Fang-Weeden

Welcome New Members

February

Jenny Risdal – Transfer
Jason Risdal – Transfer

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 or send the information to office@saint-timothys.org.

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

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). Copies of *The Word* are also available in the office.

Unless otherwise noted, all photographs are by Wm. Craig Dubishar, © Wm. Craig Dubishar.

**Submission Deadline for the next issue:
Monday, March 25, 2019
Submit articles to:
wordeditor@saint-timothys.org**



O Lord, who hast mercy upon all,
take away from me my sins,
and mercifully kindle in me
the fire of thy Holy Spirit.
Take away from me the heart of stone,
and give me a heart of flesh,
a heart to love and adore Thee,
a heart to delight in Thee,
to follow and enjoy Thee, for Christ's sake, Amen

St. Ambrose of Milan (AD 339-397)