

The Word

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

April 2019

Dear Friends,

We are in the home stretch now. Just a few more weeks until Lent is over and our Easter celebration begins. I have done well with my Lenten discipline this year. I gave up my desserts as I do every year to mark the season, but I also took on a new way of eating. This new way of eating I will describe as all around healthier—more fruits and vegetables and less meat. It has made a difference. The thing I want to share with you, however, is the fact that I have not been able to make such a radical change until now. I have tried this before and failed, but this year I was able to do it and I intend to continue.

Why couldn't I do it before? I knew what the benefits would be and had just as much opportunity as this year. Why couldn't I make it work? The reason is because I wasn't ready. I wasn't mentally in a place where I was not only motivated to make a change but empowered to do so. For me, it took fifty years of struggle to get enough control over my appetite to be the one in charge of what I eat and don't eat.

Looking back, I see how I used to beat myself up because I did not eat the way I knew was right. My inner dialogue was all around my weakness and inability to be a grown up. Now I am thinking I may have been a bit too harsh on myself. Sometimes the reason for our failures of will is because it is not time yet. We rush ourselves and have expectations about where we should be. Because of this Lenten discipline I have learned that everything has its own time, even our successes. Who knows, I might have even changed my eating habits sooner had I been more compassionate towards myself when I failed in the past.

When we reach Easter this year, I will have much for which to be grateful. Not only will I be



celebrating Jesus' resurrection from the dead, but I will be celebrating greater freedom from being controlled by my own appetite. Freedom from lack of control is its own resurrection—a bit of new life from the old one.

Of course, the fifty days of Easter is the time we are commanded by our church to celebrate. This is going to help me grow by making me look at ways to celebrate that do not include cheeseburgers and Peeps. I guess the continued benefit of my Lenten discipline is not just a healthier diet, but also moving into new ways of celebrating that are beneficial to me, perhaps even strengthening my spiritual practices. It may seem simple, maybe even trite, but for me it is new territory. It is about uncovering new practices that support my new freedom and peace.

How about you? How have your Lenten practices gone? What have you learned about yourselves? Have you begun thinking about your Easter practices and how you will celebrate this new life?

Holy Lent,

Fr. Ridd+

New Faces in the Office as St. Timothy's



Our new Parish Administrator Wanda Rixon

Wanda is pleased to join the St. Timothy's community, and is delighted to be part of our Christian ministry of love, service and social justice. She brings a career of business management and operational skill to the job, having most recently served as Director of Operations for the Fairfax County Community Health Care Network, and subsequently Director of Community Engagement for Molina Healthcare's operations throughout the Commonwealth. Prior to her work in the health care field, Wanda served at the Washington National Cathedral as the Operations Director of the College of Preachers/Cathedral College.

Among Wanda's personal passions is soccer. She has served for years as a member of the leadership board of the Fairfax Women's Soccer Association and Northern Virginia Women's Soccer League. Wanda's husband Greg is a retired career Army officer, and their son, Geoffrey, is Chairman of the Social Studies Department at Bishop O'Connell High School in Falls Church.



St. Timothy's Welcomes New Bookkeeper

Meet Deb Angerman, our new Bookkeeper. Deb is very excited to be part of the St. Timothy's community. Deb ran her own bookkeeping and financial management firm for sixteen years before being called into full-time ministry with youth. She served as the Director of Youth & Discipleship at Sudley United Methodist Church for thirteen years, while continuing to service a few small businesses on the side and moonlighting for her old company during tax season. Deb also served as her church Treasurer for twelve years. She returned to school in 2011 to finish what she started back in the 1980s, although she changed her focus from Accounting to Student Ministry and finally received her Bachelor of Arts degree this past May from Eastern University, graduating cum laude.

Today, Deb continues her student ministry with young adults and teens through the NoVa District Youth Council of the UMC. A true left and right brainer, she enjoys the cacophony of teenagers, the logic of numbers and the beauty of music. She is a vocalist for the St. Thomas Thom Cats Big Band and (sometimes) plays the hammered dulcimer. Deb and her husband of twenty-five years live in the Gainesville area with their 21-year-old son, a conservatory student at Shenandoah University. They are blessed to share their home with an 11-year-old rescue dog named Zack, who insists on daily hikes and is getting the whole family in shape.



*Shrove
Tuesday
Festivities*



Inspiration for New Vision

In October 2018, I attended the Affordable Housing Summit at Aquia Church (near Fredericksburg, Virginia). The summit, led by St. Timothy's own Jill Norcross, centered around alternative uses of church property to further the mission of the church. The day started with a reality check about the changing demographics in our increasingly secular society. Guest speakers challenged us to re-think how we do things so we can be more effective at bringing the Good News of Jesus Christ to others. The day inspired me to ponder how we, the people of St. Timothy's, might serve in creative new ways.

Summit attendees heard examples of imaginative solutions that churches in the United States and England found to meet the changing needs of their towns and cities. For instance, one church in a city opened a drop-in counseling center on its grounds. Another church removed pews from a now too-large sanctuary and opened a coffee shop. A third church removed the first few pews of the sanctuary and moved their nursery there, with lots of quiet toys, to keep families together during services.

We also heard about a church that asked its neighbors for ideas on how to use an empty lot. They posted a banner that invited passers-by to email or text in their ideas. "Crowd-sourcing" brought in ideas from people with very different experiences and revealed an unmet need that they were uniquely suited to fill.



Some Episcopal churches in Northern Virginia have found ways to provide affordable housing in an area that is notably expensive. The solutions looked different for each church, based on the communities' needs, available land, mission partners and other factors.

For me, the key themes were to revitalize our idea of mission by building stronger relationships with the surrounding community, to listen for God's call and to be willing to give something up (e.g. past practices, traditions or habits) to boldly answer that call.

Since the Summit, I have read several articles about churches that have discovered ways of making greater use of their buildings during the week. Opening co-working spaces brought small businesses and entrepreneurs in during weekdays. A community garden brought local families together as they grew fresh produce. The possibilities are endless.

The key is discerning what we are collectively being called to do. Please join me in a spiritual process to develop our vision for the future. We will learn more about the needs of Herndon, Reston and the surrounding communities. We can continue to build our relationships with other organizations and work together. We will study scripture and pray together to discern what God is calling us to do. I believe this process will help us use our gifts in new ways to change lives by bringing the love of God to others. Stay tuned for opportunities to work together on this exciting adventure!

~ submitted by Elizabeth Witter

Resources for more information and inspiration:

"Maximizing Mission with Church Property," by Jill Norcross, and the Rev. Jonathan Bryan. Winter 2019 issue of the *Virginia Episcopalian* magazine, published by the Diocese of Virginia.
http://www.thediocese.net/Customer-Content/www/CMS/files/Virginia_Episcopalian/V E-Winter-2019-web.pdf

Choosing the Next Logo for St. Timothy's

St. Timothy's is planning a brand-new logo to replace the existing one. Why replace our current logo? What is the case for change? A new logo will:

- 1) Better express our connection to our roots and our mission
- 2) Serve as the anchor for St. Timothy's social media redesign
- 3) Modernize our brand, encouraging new membership in the church
- 4) Reinvigorate our commitment to communications and outreach

We will use the new logo on all our printed and online materials. The Vestry has identified the following two candidates as choices. We want to get everyone's input through a voting process. We will be asking for your vote on Easter via written ballot. Alternatively, if you are out of the area, we will also be offering a Facebook poll. Here are the two candidates for your consideration. Stay tuned for a ballot on Easter!

~ submitted by John Druitt



ST. TIMOTHY'S
EPISCOPAL CHURCH • 1868

***Sharing Teaching Tips with our Friends in Haiti:
Fixed Mindset versus Growth Mindset?***

Do you have a fixed mindset or a growth mindset? A person with a fixed mindset feels that intelligence and ability cannot be changed. They may say “I am not good at Math.” or “I can never learn a new language.” or “I am a terrible cook.”. They believe that you either have it or you don’t. They may shy away from trying new things. They may give up easily on a challenging problem.

A person with a growth mindset feels that intelligence and abilities can be developed with hard work and persistent effort. They may say, “I have not mastered multiplication yet, but I am working on it.” or “I am not the best cook yet, but I am getting better with hard work.”. The key word for a person with a growth mindset is the word YET.

You can promote a growth mindset in yourself and your students by:

- Viewing failure and making mistakes as opportunities to learn.
- Being curious about learning new things.
- Embracing challenges and not shying away from them.
- Working hard. If at first you don’t succeed try, try again.
- Remembering the importance of the word **YET**.

It is always possible to change our mindsets. Remember to acknowledge your weaknesses, work hard on your challenges, and replace the word” failing” with the word “learning.”

~ submitted by Frank Wagner

Celebrate Earth Date Every Day: Patronize The Closet.

Did you realize that patronizing thrift shops, like The Closet, is the ultimate in recycling? By donating and/or buying a gently used item, it is saved from the landfill. The Closet estimates that it saved over 800,000 items from the Fairfax landfill

in 2018. In addition, by re-using an item, you are eliminating all the energy, chemicals, and water that are required to produce that item. The Closet also gives its surplus revenues to the local community through grants to nonprofits and scholarships. So, help save the planet every day and support The Closet – SHOP, DONATE, VOLUNTEER. The Closet is located at 845, Station Street in historic downtown Herndon. Donation hours are Monday to Saturday from 8:00 a.m. to 3:00 p.m. The store is open Monday through Saturday from 10:00 a.m. to 5:00 p.m. and on Monday and Thursday nights from 5:00 p.m. to 8:00 p.m.

~ submitted by Mary Hartge

VisionWalk 2019

It’s springtime again and as for many years past, my family and I will be walking in support of the Foundation Fighting Blindness and the more than 10 million Americans, myself included, that are affected by blinding retinal diseases.

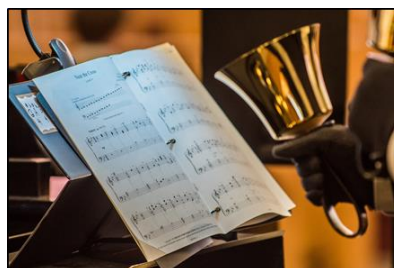
FFB is the largest private funder of retinal disease research in the world. Currently, there are more than 100 cutting edge research projects worldwide and more than 33 clinical trials for treatments underway for inherited retinal diseases such as Retinitis Pigmentosa, LCA, Stargardt disease, Usher syndrome and Macular Degeneration most of which were made possible by support from FFB and generous donors.

Please come join us, Michelle’s Milers, for a walk in the park on May 5 at Cameron Run Regional Park, Alexandria, VA and once again bring together our local community while raising awareness and funds to cure blindness!

Check out my webpage at

www.fightblindness.org/goto/Michelles_Milers

~ submitted by Michelle Duquette



Holy Trinity Parish and Independent Catholics Part Three: The Catholic Apostolic Church in North America

As mentioned in Part One of this article, The Catholic Apostolic Church was founded by Bishop Duarte-Costa. He was born in Brazil on July 21, 1888 of a well-to-do family and ordained a Roman Catholic Priest on April 1, 1911. As a young priest, he was considered a “rising star” and subsequently was consecrated as the Roman Catholic Bishop of Botucatu, a city in the southeastern region of Brazil, on December 8, 1924. As Bishop, he visited some of the rural areas around the city and was appalled by the conditions he found and the intense poverty of the people. But that was only the first shock. He was more appalled that neither the government nor the Roman Church was concerned about the people or their needs. That opened his eyes to other problems within the Church – a need for addressing approaches to divorce, mandatory celibacy for clergy, abuses of papal power, translating the Mass to the vernacular of the people and the concept of Papal Infallibility. He brought his concerns to Rome, but he was not well received.

Bishop Duarte-Costa also addressed political issues. He criticized the Vatican’s foreign policy during and following World War II toward Nazi Germany. He discouraged oral confessions because priests leaked information from confessions to local officials, who used it to imprison and prosecute those who opposed the government. In fact, Duarte-Costa was himself imprisoned several times for speaking out against the government of Brazil. In 1944 he was again imprisoned by the dictator and held until Franklin Roosevelt and Winston Churchill intervened.

Meanwhile Pope Pius XII removed him as Bishop of Botucatu, and made him Titular Bishop of Maura, a position of no power or influence. Finally, when Duarte-Costa publicly denounced the Vatican for issuing Passports to high ranking former Nazi officials who were fleeing to South America, he was involuntarily separated from the jurisdiction of the Roman Catholic Church on July 6, 1945. He immediately established an independent church, “Igreja Catolica Apostolica Brasileria” (ICAB) on the same day.

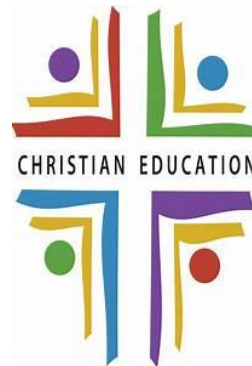
The new church was considered a schism, not heresy, because the difference was over discipline, not doctrine. The Supreme Court of Brazil ruled

that only Roman Catholic priests could wear black clerical shirts. To this day, you will see CACINA priests wearing gray shirts in honor of the courage of Duarte-Costa. He died on March 26, 1961 and was canonized by ICAM on July 4, 1970.

Churches were established in North and South America, Europe, Asia, and around the Pacific Rim countries. Apostolic succession was maintained and each National Catholic Apostolic Church is independent and self-governing. In 1949, Bishop Estefan Meyer Corradi-Scarella established the first Catholic Apostolic Church in New Mexico. In 1969, there was a major division in the North American Church, resulting in the Western Orthodox Church in America (WOCA) using the Orthodox liturgy and with CACINA using the Roman liturgy and embracing many of the changes of Vatican II. This year, 2019, CACINA will celebrate its 70th anniversary, an outstanding achievement in the world of Independent Catholicism in America. (This is the third of a four-part article on Independent Catholics) (Next Month: The unique style of CACINA)

- submitted by Rev. Martha Tolen

Christian Education Corner



Starting April 7th, there will no longer be Godly Play during the family worship service. Nursery care will still be available. The first Sunday of the month will remain a family worship and all Sunday school classes will remain in worship.

Christian Education would like to thank Sarah Hobson for her time and talents as the interim CE director. Sarah and her team of volunteers are wonderful examples of servant hearts. Thank you to Sarah and all the teachers - Lael, Pat, Carol, Genevieve, Johanna, Ching, John, Diana, Hugh, Jill and Robert! Questions for the *new* Christian Education Director?? Email alyssas@saint-timothys.org

- submitted by Alyssa Stoffer

Parishioners participate in the Lenten Outreach Backpack Meals Program



Reflections on the Beloved Community

This Lent I have been reading *Welcoming Justice: God's Movement Toward Beloved Community*, by Charles Marsh, John Perkins and Philip Yancy. As I was reading the opening paragraph of chapter four, *The Next Great Awakening*, (this particular chapter was written by John Perkins), I was reminded of a short article that came to my attention in a recent issue of "Presbyterians Today" which is delivered to my ecumenical household. The article is entitled "Trust the Higher Power", but above the main title is a quote from Deuteronomy 16:20 "Justice and only justice, you shall pursue". This is followed by two quotes from Ecclesiastes, verses 1:1-9 ("All is vanity") and verses 4:1-2. These latter verses say "Again I saw all the oppressions that are practiced under the sun. Look, the tears of the oppressed – with no one to comfort them. And I thought the dead, who have already died, more fortunate than the living...". Quite a depressing thought.

The author of the article, Vernon S. Broyes, III, is a volunteer for public witness in the PC(USA) Office of the General Assembly and it is his opening paragraph that particularly struck me: "We are bombarded by news in our nation and around the world, of the many ways the rich prey on the poor, the strong oppress the weak, and racism and religious intolerance erupt in horrific acts of violence. Moreover, the leaders of nations continually conspire to create international conflict in their reach for power".

Certainly not the philosophy of "God's Movement to Beloved Community"!

There was a song presented by the Kingston Trio, who were popular in the 1950's and 1960's. It is called "The Merry Minuet", and was written by Sheldon Harnick, who collaborated on musicals

such as "Fiddler on the Roof". The song goes like this:

They're rioting in Africa
They're starving in Spain
There's hurricanes in Florida
And Texas needs rain
The whole world is festering with unhappy souls
The French hate the Germans, the Germans hate the Poles
Italians hate Yugoslavs, South Africans hate the Dutch
And I don't like anybody very much!!
But we can be tranquil and thankful and proud
For man's been endowed with a mushroom-shaped cloud
And we know for certain that some lovely day
Someone will set the spark off
And we will all be blown away!!
They're rioting in Africa
There's strife in Iran
What nature doesn't do to us
Will be done by our fellow man.


Songwriters: Sheldon Harnick / Sheldon M. Harnick
The Merry Minuet lyrics © BMG Rights Management US, LLC

Decades after the Kingston Trio sang this song, we have not made much progress. We now need the kind of intervention that is beyond human vision and human commitment. Mr. Broyles ends his article with these words: "Enter this season of death and resurrection trusting in the Lord Jesus Christ, the one true leader who can redeem our errors and empower us in the struggle to bring justice and peace to all God's children."

Surely this is the ethos of "Beloved Community".

- submitted by Jill Cox



<i>Upcoming Events</i>	
<p><i>Joy of Living Events for April</i></p>	<p><i>Life Safety Education'</i> Tuesday April 2, 2019 @ 11:00 a.m. This program will be presented by Fairfax County. Lunch is included. Please RSVP to mindyrohrbaugh@hotmail.com or to joyofliving@saint-timotheys.org. You can also use the signup sheet in Henry Hall.</p>
	<p><i>What's the App Presentation</i> Tuesday April 16, 2019 @ 11:00 am. Join us as we cross over generations to learn tricks and shortcuts in navigating our smart phones and tablets. We'll be joined by some high school students who will share their considerable knowledge of technology. Lunch is included. Please RSVP to mindyrohrbaugh@hotmail.com or to joyofliving@saint-timotheys.org. You can also use the signup sheet in Henry Hall.</p>
 <p><i>150th Anniversary Events</i></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>Shawl Ministry</i></p>	<p>Join us. Whether you are a beginner, an expert, or somewhere in-between, the Shawl Ministry welcomes you to our new meeting times. Our crocheted and knitted shawls, lap robes, baby blankets, scarves, hats, mittens, and children's sweaters are a tangible gift of comfort, support, and love to those who receive them. Let us continue this ministry at St. Timothy's with your participation.</p> <p>Initial meeting. Our first meeting will be on Wednesday, April 3 from 6:30 to 8:30 p.m. in the church Narthex. Our next meeting will be on Tuesday, April 9 from 1:00 to 3:00 p.m. in the Narthex.</p> <p>Twice monthly meetings thereafter. We will meet on the first Wednesday of each month from 6:30-8:30 p.m. and on the second Tuesday of each month from 1:00-3:00 p.m.</p>

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*
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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)



Pictured left to right: Fr. Rich Bardusch, Vidai Genovez (Andres), John Nixon, Adaku Nwachukwu, Carmela Condro, Elizabeth Witter, Allison Dodd, Andy Hamm, Brian Flusche (not pictured: John Druitt, Catherine Lamoureux, Gerritt Peck, Sandy Wright)



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Service Times	
Saturdays: 7:00 pm	Santa Eucharista
Sundays: 8:00 am	Eucharist, Rite I
9:00 am	Children's Eucharist
10:00 am	Eucharist, Rite II
	Godly Play ages 3-2nd gr.
	SPARK+, 3rd-5th grade
	Christian Education
	Nursery Care
Wednesdays: 12:15 pm	Eucharist and Healing Service

Rector

The Rev. Dr. Rich Bardusch
rbardusch@saint-timothys.org
 703-437-3790 x12

Director of Music

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 703-437-3790 x16

Director of Christian Education

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 703-437-3790 x17

Parish Administrator

Ms. Wanda Rixon
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 703-437-3790 x10

Bookkeeper

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

Welcome New Members

March

(No new members this month)

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

Editors of *The Word*

Ms. Susan Nixon and Ms. Ching Fang-Weeden

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:
 Wednesday, April 24, 2019**

**Submit articles to:
wordeditor@saint-timothys.org**



"Come, let us return to the Lord; for he has torn, that he may heal us; he has stricken, and he will bind us up. After two days he will revive us; on the third day he will raise us up, that we may live before him. Let us know, let us press on to know the Lord; his going forth is sure as the dawn; He will come to us as the showers, as the spring rains that water the earth."

What shall I do with you, O Ephraim? What shall I do with you, O Judah? Your love is like a morning cloud, like the dew that goes early away. Therefore I have hewn them by the prophets, I have slain them by the words of my mouth, and my judgment goes forth as the light.

For I desire steadfast love and not sacrifice, the knowledge of God, rather than burnt offerings.

Hosea 6:1-6