



The WORD

March 2020

As we begin the Season of Lent, I would like to offer a theme for your consideration. Let me preface that theme with a little background theology. Lent is not a time of self-abasement for the sake of punishing ourselves or for making us feel bad. Nor is it a time to dwell on past wrongs; rather, it is a time to reconcile and move on from those failures. Lent is a time to prepare for the celebration of the resurrection. It is a time to free ourselves from those parts of our lives that weigh us down. It is a time to free ourselves—or rather let God free us—from our brokenness. The resurrection is the foundation of the entire Christian enterprise.

Therefore, Lent is a time of preparation to celebrate the resurrection. Granted, part of the preparation is self-examination and repentance, but it is for the purpose of moving deeper into the reality of the new life given in Christ Jesus, not for the purpose of making ourselves feel bad. It may be that by facing our own reality we do feel bad, but that is not where we are to remain, nor is it the desired end. The desired end is to move deeper into an abundant life given to us by God. The purpose of Lent is to free us so that God's love can shine through us.

That is the background for what I want to propose as a theme for this Season of Lent. I propose that we take as a theme "doing for the kingdom". Allow me to explain: if we want to free ourselves and move more deeply into the abundant life given to us through Jesus' resurrection, we need to do more than think about it. Reflection is good, but it is only a tool to prepare the way. If we are going to change some aspect of our lives, whether by giving up or



taking on, we need to do more than just think about it. We must do it. We must practice what we want to see happen. It is like learning any new skill; reading the manual or reflecting on it will prepare our minds, but there is a point when we just need to go out and do it.

The discipline of Lent is a practice, not a reflection. It is only through the practice that we move to a deeper place. I will incorporate this theme into my sermons and ask you to incorporate it into your Lenten Discipline. So, in preparation for Lent, I want to begin by asking some questions. What do you need to do that you have been thinking about? How do you need to move forward by means of

practice? And, what do you need to repair in order to enter more fully into the new life ushered in by Christ's Resurrection?"

Holy Lent,



Rethinking Lent

Preparing for Easter is a highly personal endeavor. Many of us were raised with the idea of giving up chocolate or other enjoyable food to draw closer to God. While fasting can be a powerful entry point for self-examination, others may benefit from active learning. For Lent this year, we in Stewardship invite everyone to consider a new Lenten practice namely, refocus your time and talent to build your faith.

By time, we mean participating in the life of the Church—such as attending church, learning more about the Bible and participating in various ministries. Talent indicates your capabilities or strengths. Partnering with others gives us a chance to exercise our strengths and lift each other up.

Using our time and talents looks different for each person and each community. For example, here are several opportunities at St. Timothy's for you to consider:

- ❖ Read the Bible every day and attend an Adult Christian Education class or Bible study
- ❖ Volunteer at a local non-profit organization e.g. The Closet
- ❖ Lead a coffee hour team for a Sunday
- ❖ Participate in a Shawl Ministry meeting
- ❖ Attend a church service that is not your usual service
- ❖ Meet a new person at church and talk after the worship service
- ❖ Join the Newcomers Team
- ❖ Join the Communications Team
- ❖ Become an usher
- ❖ Take on a one-time job with Buildings and Grounds

The Time and Talent components of stewardship give us opportunities to encourage each other. The deeper relationships that result enable us to share both our joys and burdens. We hope you can find a way to use your time and talent to build your faith during this coming Lenten season.

We encourage you to listen for ministry announcements during 5 Sundays in March. Our sign-up sheets for ministries can be found in the Narthex or you could contact the office.

~ submitted by Elizabeth Witter, Kent Miller and Carmela Condro

Vestry Notes

Keith Sinclair attended our February meeting to inform the Vestry that he is working with Bill Odio to expedite the ratification and confirmation of our third Trustee with the Fairfax County Circuit Court. Once that is concluded, we can move forward with the refinancing of St. Timothy's mortgage with Main Street Bank at a lower interest rate.

The Vestry is holding a retreat on Saturday, February 22nd to discuss the four issues we are focusing on this year, namely, Christian Education, the Newcomers Ministry, the Latino Ministry and Finance. We will also discuss any gaps that may exist in our Pastoral Care Ministry and our ongoing Capital Campaign.

Kent Miller spoke to the Vestry about Stewardship. During March, we are focusing on Time and Talent. He reminded us that Stewardship is a yearlong activity which includes pledging, donations, Capital Campaign giving and Endowment funding.

The Vestry needs to appoint 2 delegates and an alternate to our Diocesan Convention which meets in Arlington on November 12th to the 14th. Their role will be to represent and vote on St. Timothy's behalf. We are soliciting names from which we will appoint 3 members at our next Vestry meeting.

~ submitted by Carmela Condro

Update on Backpack Meals for Clearview Elementary School: Our Valentine's Day Operation has been completed and our partnership continues.



While it is easy to get caught up in the cards, chocolate and flowers for Valentine's Day with our families and sweethearts, we at St. Timothy's came together and remembered as Christians that we have others to help as well. For many kids in our area, their worry is not about how many valentines they will get on Valentine's Day, but if they will have dinner that night or breakfast the next morning. Together, we stood up and made a tangible impact in our community.

Due to your generous donations of food and time, in two short weeks we collected, packed and delivered nearly 200 backpack meals to kids in need at Clearview Elementary School (198 to be exact). It was incredible to see the quick work in packing we made between the services.



The children enjoyed making personalized valentines to include in the packs. We also owe a huge thanks to Wegmans who supported our program for a second time with donations of 500 cans of soup and large amounts of macaroni and cheese, oatmeal and cereal bars. A heartfelt thank you to Wegmans! Our success would not have been possible without all of their support and help.



support of this program at Clearview Elementary School with three donations annually. In discussion with our contact at Clearview, the Service Ministry has identified Memorial Day weekend as our next opportunity to donate to cover the extra break when kids do not have access to school meals.

Please contact Amy Hein with any suggestions or offers of help for this project (amymhein@gmail.com). If you enjoyed this project, have ideas for other opportunities or want to get more involved, please consider stopping by a Service Ministry meeting (7:30pm on the 2nd Monday of the month). Thank you for putting your faith to work to serve our community.

~ submitted by Amy Hein
(photos provided by Amy Hein)



We have supported this program three times now and continue to receive positive feedback. Parishioners appreciated the relevant, local community support we provided and everyone enjoyed the easy ability to bring in food and lend a quick hand packing a meal. We have pledged a continued partnership and



photo provided by Shon Beury

Burning the Palms for Ash Wednesday



Thoughts from your CE Director

Happy March! Coming up this month is a Eucharist class on March 29th, so I want to answer some common questions.

At what age should my child receive Communion?

This is a question many parents ask as they are striving to raise their children in the church. Once we are baptized, regardless of our age, we are welcome to receive Communion. Our Book of Common Prayer (p. 858) indicates that, at the time of Baptism, we receive the inward and spiritual grace of union with Christ in his death and resurrection, birth into God's family (the Church), forgiveness of sins, and new life in the Holy Spirit. Once a child is born into God's family, that child is welcome to participate in Communion. This represents a change for many of us as parents since we may have had to wait until Confirmation or other instructional opportunities before taking our first Communion.

How do I know if my child is ready for Communion?

Has your child asked? Have you asked your child if he/she wants Communion? Does your child imitate your actions at the altar rail? Does your child watch what you do at the rail? Has your child put his/her hands out to receive? These are good signs that your child is ready.

How does my child learn about the Eucharist?

First and foremost, children learn from attending church. Here they can see and be a part of the service and begin to understand the sacrament they are seeing. Additionally, from your actions and discussions with your child, he/she sees that Communion is important and that participating in Communion is something you do on a regular basis. Children recognize your reverence at the altar from your body language (kneeling, placing your hands one over the other). For them to imitate you and your actions indicates that they have some understanding of the Eucharist's importance. This is

evident in the youngest of our children, even before they have had any formal Christian education.

Finally, your child will learn about the Eucharist at his or her Christian Formation class. These classes help our children understand the Eucharist and its meaning. Children grasp this meaning at different ages, and for this reason, the church does not dictate when a child takes his/her first Communion.

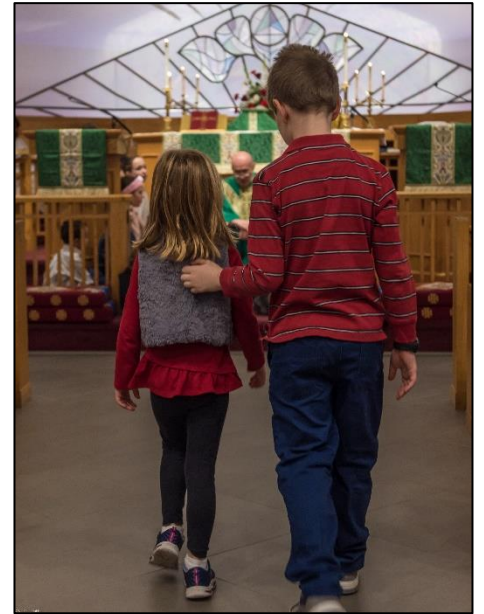
If you would like a more formal Eucharist class, please consider attending our "Eucharist for All" class on March 29th from 11:30-2:30. Lunch will be provided. Children, their parents, grandparents and any/all members of our congregation is welcome to attend. Please contact me at AlyssaS@saint-timothys.org with any questions or to register.

~ submitted by Alysa Stoffer





Family Service





Presbyterian minister from United Christian Parish is Reston. She now is a supply minister and preaches once a month at the chapel in Ashby Ponds.

~ submitted by Carmela Condro

Ushers Needed at Services

Ushers play an important role in our service by making people feel welcome, handing out bulletins, counting attendance, collecting the offering, ensuring the elements get to the altar and directing people for communion. In the event of an emergency ushers also help direct emergency first responders and, if needed, evacuate the building. We are looking for ushers for both the 8:00 am and 10:00 am Sunday services. Individuals, couples and even families can volunteer. Once we have enough ushers, expect to have duty once every four to six weeks and possibly some special events if you are available. If you're interested please talk to an usher today. You can also send an email to Gerritt Peck at dalsdad@aol.com and attend our next training session on Saturday, March 7th, from 9:00 am to 10:00 am.

~submitted by Gerritt Peck

Lenten Lecture Series

Please plan to join us for some inspiring presentations during Lent. Three ministers will present lectures on three different topics at 7:00 pm on Sunday evenings in March.

March 1: The Rev. Dr. Terence Reynolds

Terry will speak on "The Declining American Church: Answers and Questions". His intention will be to lay out the nature of the problem, suggest a number of causes for the decline, and then offer some possible solutions. Terry is a Lutheran minister who has taught at Georgetown, Brown, Connecticut College and the United States Coast Guard Academy.

March 8: The Rev. Dr. Laurence Packard

Larry will speak on "Growing from Grief: God makes all things new". What we can do is learn how to cope with loss and actually grow from it. We can do more than just live through loss. Larry is retired from the Episcopal Church of the Good Shepherd in Burke. He serves as a supply priest as he did when Fr. Rich was away from St. Timothy's.

March 15: The Rev. Suzanne Rudisell

Suzanne will speak on "The Bible as Guide, Challenge, Comfort and Weapon". She is a retired





Shrove Tuesday
Pancake Supper



Lent - Spring

While reading a “Little Book of Prayers” I received many years ago, I came upon this prayer by Julian of Norwich, which seemed to me to reflect the season(s) in which we find ourselves in March this year. It reads: -

“Be a gardener,
Dig a ditch,
Toil and sweat,
And turn the earth upside down
And seek the deepness
And water the plants in time.
Continue this labor
And make sweet floods to run
And noble and abundant fruits to spring.
Take this food and drink
And carry it to God
As your true worship.

Lent is a time of preparation, of meditation and prayer, of reordering the garden of our life in order to reap the harvest of God’s eternal love for us.

“Giving up” is the general motto of Lent. Although there is merit in the discipline of giving up material things and donating one’s time and money to good causes etc. are worthy efforts and intentions, in order to receive the real Harvest, we should perhaps consider the following prayer attributed to St. Ignatius Loyola:

“Take, O Lord, and receive all my liberty, my memory, my understanding and my entire will - all that I love and possess. To you, O Lord, I return it. All is Yours, dispose of it wholly according to Your will. Give me Your love and Your grace for this is sufficient for me”

I got around to thinking about “giving up” and thought how wonderful it would be if everyone could give up ambition, anger, greed, spite, insult, defamation, prejudice, violence and malice, all of which would be far more effective to further God’s purpose and love than abstinence from chocolate, treats, pleasures of all kinds or doing nothing which is never an option in my mind!

However, I would not want to fall into the chasm described in George Bernard Shaw’s “Man and Superman” in which he states “Self-sacrifice enables us to sacrifice other people without blushing”. I have never quite known how to address this sobering thought. Violence and war immediately spring into mind as the sacrifice of life and limb often tries to justify questionable victory and denial of “treats” begs the question of whether the potential monetary saving is actually donated to those in need.

The first sentence of the above paragraph calls to mind a passage annually recited at the Remembrance Day service at the Cenotaph in Whitehall, London, with its reminder of the greatest sacrifice of all. It is written by Rudyard Kipling whose only son was killed in WWI and reads:

“The tumult and the shouting dies –
The captains and the kings depart –
Still stands Thine ancient Sacrifice,
An humble and a contrite heart
Lord God of Hosts be with us yet.
Lest we forget –lest we forget

“RECESSIONAL” Published in The Times of London, July 1897.

~ submitted by Jill Cox

Announcements and Upcoming Events

<i>Parish Retreat at Shrine Mont</i>	Registration for St. Timothy's Annual Parish Retreat starts March 1 st . Mark your calendar now to spend May 1 st - 3 rd at our beautiful diocesan conference center in Orkney Springs, Virginia. Spaces fill quickly for this popular parish event, so sign up early. Brochures and registration forms will be available in Henry Hall. Questions or comments? Contact Susy Nixon at senixon@verizon.net .
<i>Pre-School Registration</i>	Registration opens February 1st Looking for a preschool? Do you know anyone looking? Registration for fall classes at St. Timothy's Pre-School begins on February 1 st for church members and alumni families. Registration will open to the public on February 7 th . The pre-school offers a part-day program for children three, four and five years old. Please call Monica Despina, Pre-School Director, at 703 437-4767 for more information and a tour.
<i>Centering Prayer Workshop</i>	Saturday April 25th from 10:00 am to 11:30 am in Room B1 The Centering Prayer Workshop is designed as an introduction to the history and purpose of meditation and contemplative prayer. There is a \$20 fee, due in advance, which includes lunch. This is also a wonderful opportunity for people to learn about our bi-monthly meetings which are held on the first and third Saturdays each month. These meetings are only one and a half hours long, from 10:00 a.m. to 11:30 a.m. in Room B1. There is no fee for you to join our bi-monthly Centering Prayer Meetings. If you are interested, the sign-up sheet for the Centering Prayer Workshop will be in Henry Hall on the table under the Joy of Living bulletin board. There is also a SignUpGenius available, only for the Workshop. If you would like to use the online option to sign up for the Workshop, please go to Google or a search engine of your choice, enter the search term 'SignUpGenius'. The SignUpGenius website should have this URL address: https://www.signupgenius.com/ . Once you are on the SignUpGenius website, use the search icon (the icon is a magnifying glass) in the top right corner of the homepage and click on the search icon. You should be directed to the search page of the SignUpGenius website. Once you are on the search page, enter my email which is blessed2boma@gmail.com in the 'Search for a Sign Up' option. You should be directed to the sign-up for the Centering Prayer Workshop.
<i>Bible Study</i>	Wednesdays from 10:00 am to 11:00 am in St. Timothy's kitchen. If you have questions or would like to join, please contact Nikki O'Malley at nikki.omalley@gmail.com .
<i>Shawl Ministry</i>	The first Wednesday of each month from 6:30 pm to 8:30 pm and the second Tuesday of each month, from 1:00 pm to 3:00 pm in the Narthex.

March Events at St Timothy's



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 AM Sparkle for Christ - Upper Room 11:00 AM Youth Group - Henry Hall & Upper Room 11:30 AM Episcopal 101 - Henry Hall 7:00 PM Lenten Lecture Series - Henry Hall	2	3	4 10:00 AM Wednesday Morning Bible Study 12:15 PM Midweek Healing Service with Holy Eucharist - Sanctuary 6:30 PM Shawl Ministry - Narthex	5	6	7 10:00 AM Centering Prayer - B-1
8 9:00 AM Sparkle for Christ - Upper Room 11:30 AM Episcopal 101 - Henry Hall 7:00 PM Lenten Lecture Series - Henry Hall	9 7:30 PM Service Ministry Meeting - B1	10 1:00 PM Shawl Ministry - Narthex	11 10:00 AM Wednesday Morning Bible Study 12:15 PM Midweek Healing Service with Holy Eucharist - Sanctuary	12	13	14 8:30 AM Finance Ministry Meeting 11:00 AM Peverill Memorial Service - Sanctuary, Henry Hall and Kitchen 6:00 PM Chili Cookoff - Henry Hall
15 9:00 AM Sparkle for Christ - Upper Room 11:30 AM Episcopal 101 - Henry Hall 7:00 PM Lenten Lecture Series - Henry Hall	16	17 7:00 PM Vestry Meeting - Narthex	18 10:00 AM Wednesday Morning Bible Study 12:15 PM Midweek Healing Service with Holy Eucharist - Sanctuary 6:00 PM Communications Ministry Meeting - Kitchen	19	20	21 10:00 AM Centering Prayer - B-1 5:00 PM Youth Group - Upper Room
22 9:00 AM Sparkle for Christ - Upper Room 11:30 AM Episcopal 101 - Henry Hall	23	24	25 10:00 AM Wednesday Morning Bible Study 12:15 PM Midweek Healing Service with Holy Eucharist - Sanctuary	26	27	28
29 9:00 AM Sparkle for Christ - Upper Room 11:30 AM Episcopal 101 - Henry Hall 11:30 AM Family Eucharist Class - B1 12:30 PM Family Eucharist Class - Henry Hall - Kitchen	30	31				

(Print and save this calendar of events at St. Timothy's)

2020 Vestry with Liaison Assignments

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

Brian Flusche (2022)– *Junior Warden/
Ad Hoc/Emergency Preparedness*
fluscheb@gmail.com
719-235-7658

Terms Expire 2023

Catherine Lamb – *Service*
Catherine_michaels@hotmail.com
703-615-6522

Tatiana Martínez – *Latino Ministry*
Tatymartinez2002@yahoo.com
410-980-4739

Alex Schumann – *Christian Formation*
alexbmalin@gmail.com
571-442-6461

Ralph Tildon – *Pastoral Care*
rtildon1@verizon.net
703-464-9377

Terms Expire 2022

Allison Dodd – *Hospitality*
aahedley@yahoo.com
202-365-7595

John Druitt – *Fellowship/Newcomers*
druitt@aol.com
703-989-0770

John Nixon – *Buildings and Grounds*
jnixon@verizon.net
703-973-8005

Terms Expire 2021

Andrew Hamm – *Finance*
andyhamm@verizon.net
703-435-0438

Catherine Lamoureux – *Communications*
catherine@lamoureux.us
703-391-7807

Nancy Miller – *Pastoral Care*
nancymiller5@cox.net
571-271-1966



Pictured left to right: John Nixon, Carmela Condro, Tatiana Martinez, John Druitt, Rose Berberich (Registrar), Nancy Miller, Catherine Lamb, Andrew Hamm, Ralph Tildon, Brian Flusche, Allison Dodd, Catherine Lamoureux, Fr. Rich Bardusch and Alex Schumann (not pictured: Duane Hartge, Treasurer)



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: 7:00 pm Santa Eucharista
Sunday: 8:00 am Eucharist, Rite I
10:00 am Eucharist, Rite II
Godly Play (ages 3 and potty
trained through grade 2)
I Wonder (grades 3-6)
Echo (grades 7-12)
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

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

Parish Administrator

Ms. Wanda Rixon
office@saint-timothys.org
703-437-3790 x10

Bookkeeper

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

St. Timothy's Pre-School Director

Ms. Monica Despina
sttimothypreschool432@gmail.com
703-437-4767

Welcome New Members

(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 do not 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 Mindy Rohrbaugh (blessed2boma@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 March issue:
Wednesday, March 25, 2020**

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



O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen.

*~Collect
Second Sunday in Lent*