



The WORD

May 2020

Dear Friends,

Every cloud has a silver lining. The pandemic has been difficult for us as individuals and as an institution. For many of us, it has felt very confining. We have been limited to our homes except for necessary trips for food and medical care. We aren't used to this and it has not been fun for any of us. And because we have been limited in our actions, so has Saint Timothy's. The life blood of our parish is what our people do. That is why I have tried to highlight some of the things we are doing as a parish. Individuals preparing food, writing cards, making phone calls, providing inspiration and many other acts of compassion and connection. Even when we are isolated behind closed doors, we find ways to reach out.

It serves as a reminder that we are more than a building. We are a Body. Each one of us is part of Saint Timothy's that contributes to our amazing witness in the world. While having a building makes the connecting and reaching out easier, not being able to go to the building does not make us less of a Body. It is good to remember this on occasion.

So, what is the silver lining here?

The silver lining is what I saw last Sunday at our online streaming during the Peace. I experienced more of what we need going forward: people sharing God's love even though they weren't in the same room. Don't get me wrong, someday we will return to our building and I look forward to that. But what I saw is that we are more than just a



building. We are a Body that extends way beyond Herndon and Reston. Our Body is global and so is the mission field. We can't go back to worshipping God in one room cut off from the rest of the world. We have to put our worship out into the world and in the 21st Century, that means livestreaming and welcoming people who are not physically present in our dedicated worship space. Going forward, if we don't share our worship beyond the one room in which we gather, then it is as if the Pandemic is still forcing us to stay at home behind closed doors.

I don't know yet how this will develop going forward, but I do know that it has to go forward. We live in a new world and we need to get to know that new world. In a very pragmatic way, that is what we celebrate in the resurrection: new life, new world, and a new way of being. When Jesus was raised to

new life, he was given a completely new type of Body. After this enforced sabbatical from our way of gathering in person to worship, we are going to have a new type of Body. Just like in the example of Jesus' Resurrection, it doesn't mean the old body is lost. Rather, it means the old body gets a fuller dimension. It can be in more than one place at a time. That is how Saint Timothy's Body will be: in Herndon and around the world. I guess it is more than a silver lining; it is a glimpse of Heaven.

Easter Blessings,

Fr. Rich



Rector's Discretionary Fund at Work

These groceries were paid for by the Rector's Discretionary Fund, bought by a member of the parish and delivered to a parish family in self-isolation...it takes a church.

~ Fr. Rich

Supporting LINK

The St. Timothy's family is there for our LINK neighbors. Thank you to the many donors and volunteers who have sent financial donations, dropped off donations for the LINK pantry,

volunteered to help pack and deliver food and to translate for our Latino neighbors. Your help has made a significant difference to our community.

Since early April, the need for food assistance has increased over 500%. In a typical week, LINK serves about twenty families. In mid-April, LINK served over 130 families in a week and has increased deliveries from five to seven days a week. This is possible with the extraordinary generosity of individual donors and our corporate partners. Financial donations have allowed LINK to purchase protein for the families and supplement non-perishable food. The need will continue and you're encouraged to donate and volunteer when you are able. Most needed items include: Jelly, Peanut Butter, Hearty Soups, Canned Meats (tuna, chicken, etc.), Pasta Sauce, Canned Tomatoes (diced type), Canned pasta (like Chef Boyardee), cereal, Hamburger/Tuna Helper, snack items for kids, Toiletries (toothpaste, toothbrushes, deodorant, shampoo, conditioner, soap), toilet paper and paper towels.

There are collection containers labeled LINK in front of Herndon United Methodist Church, 701 Bennett St. Or, feel free to email me, shonbeury@aol.com, and I will come by and pick up your donations. Photos of your donations are welcome and I'll post them on the LINK Facebook page with your permission. Please send them to me at the above email.

Interested in learning more about ways to help? Following is additional information.

- Donate food to LINK through our AMAZON WISH LIST - many of our member churches are closed during this time, so this is an easy way to donate food to LINK. [Click here to view our WISH LIST](#)
- Donate fruit and vegetables - our grocery store partners aren't providing as much food, so we really need fruit & vegetables. If you would like to donate these items email president@linkagainsthunger.org
- Volunteer to deliver food for LINK. [Click here to view the current delivery needs.](#)

- Volunteer to pick up food at area restaurants. [Click here to view the restaurants - view the tabs at the top for options.](#)
- Donate funds to help provide grocery gift cards. [Click here to donate.](#)
- Volunteer to Translate/Interpret Spanish messages, email
president@linkagainsthunger.org

\$10,000 a year compared to our prior mortgage. Many Thanks to Duane Hartge for all his time and efforts overseeing the mortgage refinance from the initial contact with Main Street Bank through the many hurdles encountered before the closing.

~ John Nixon

If you or a friend need food assistance in Herndon, Sterling or Ashburn, please call LINK directly at 703-437-1776. Leave a message and a coordinator will return your call to get more information from you. LINK does not share addresses or phone numbers with authorities. Asking for help will not impact your safety.

Thank you, St. Timothy's, for supporting Service Ministry and *putting your faith to work* to serve our neighbors. Wishing you good health and safety!

~ Shon Beury



(photo provided by Shon Beury)

Mortgage Refinanced

The St. Timothy's Mortgage Refinance with Main Street Bank was completed on April 29th. The refinanced mortgage is expected to save over

Untitled

I stand at the edge of a sun-dappled meadow
Covered with flowers that cast not a shadow.
My walk takes me further towards the dark trees
Of the forest beyond, and led by the breeze,
I enter the black maw of arched branches above,
Led by the faint murmuring of a white dove.
The feeling of loneliness and possible threat
As with prickle and thorn, my progress is met.
No sign of sun now, nor cloud or soft breeze,
Just silence and gloom and increasing unease
At being alone in sheer isolation
With no sign of bird or human location,
To reassure and encourage any progress
Through downed tree limbs and leaf mold decaying

Yet suddenly a gleam of light through thinning
leaves
Puts my faltering steps much more at ease
And I burst through a gap in forest lush
To greet the sun and breeze in fervent rush
To see the path that leads to the shore
Beyond the heather that covers the moor.
The smell of the salt, the sand and the weed
Tell me that there is no more need
To fret about setbacks, or the unknown.
For surely there is great joy in gentle wind blown
Into our lives by Heavenly Breath.
To stay with us until our death,
When the final journey shall have begun
Towards the brilliance of the Eternal Sun.

~ Jill Cox



Tom and Betsy Bosworth



Carmela Condro's beautiful Easter eggs and basket

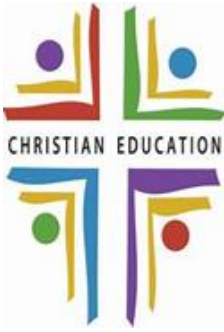
Easter Offerings from Parishioners



John Druitt saw this stained-glass chalk masterpiece in his neighbor's drive



Craig and Natalie Dubishar worship virtually on Easter



Christian Education for May

I hope you all had a Blessed Easter and you and your family are healthy. Holding Virtual CE Fellowship on Wednesday evenings at 6 p.m. and Virtual Sunday School on Sunday mornings at 11 a.m. has been going well. Moving forward, I am seeking leaders for both nights.

On Wednesdays, we typically have an ending story which can be religious or simply have a moral lesson. I typically facilitate the discussion time. If you or your family would like to take a turn closing out a Wednesday fellowship time, please let me know.

Additionally, on Sunday mornings we have had a Godly Play/I Wonder class as well as an Echo class (when teens are in attendance). I am in need of storytellers to lead the Godly Play story for the week. I have been using Nooma videos to facilitate the older class and would love to have other teachers for them as well. I can help you with the Nooma curriculum or you can choose your own way to lead this group. Below are the Sundays I would like to fill up with volunteers so we can hold virtual Sunday School. If you are interested in volunteering, please respond to this email.

Sunday School Teachers are needed for May 3, May 10 and May 17.

Zoom link for Wednesday at 6 p.m.

<https://zoom.us/j/849330992>

Zoom link for Sunday at 11a.m.

<https://zoom.us/j/447365123>

If you need anything during this time, please let me know and I will do my best to assist you.

~ Alyssa Stoffer

Fighting Covid 19



Paige Williamson has been making cloth face masks for friends and neighbors. Another of our parishioners fighting Covid-19.



(photos provided by Paige Williamson)

Vestry Notes – April 21st Meeting

We are grateful to our Communications team headed by Catherine Lamoureux and John Druitt who were responsible for producing a live Sunday service on Zoom and Facebook on April 19th. We had approximately 106 people in attendance and Alyssa, our Christian Education Director, reports that 16 children participated in Sunday school online. We hope more of you will be able to join our virtual morning worship services in the future.

We discussed possible ways to increase contact not only with current church members but with potential new members. For example, a sign on our property could display our website and we could send mailings to homes or post more information on Facebook. We also discussed possibly adding a Saturday evening English language service in the future or an occasional outdoor service.

We thank our treasurer, Duane Hartge, for tirelessly working with Main Street Bank and for viewing numerous videos from the Diocese to adequately inform us about the Federal Government's Paycheck Protection Plan. I electronically signed the completed document from the bank on Monday morning, April 20th and the money was deposited in our account that evening. We applied for \$48,700 to pay exclusively for payroll for two months. After eight weeks, we will apply for loan forgiveness offered by the program.

We voted to elect Sandy Wright and Bob Beury as our delegates to attend the November Diocese Convention.

Alex Schumann is devising a plan to identify church members who need help during this pandemic. At the same time, she hopes to locate church members who are willing to volunteer their services in this effort.

Andy is researching the possible use of solar panels as an energy source.

I will continue to make phone or email contact with church members to find out how people and families are managing during this crisis. Please keep in contact with other church members to let them know that you are thinking of them.

~ Carmela Condro



CARES Act Charitable Giving Incentives

The Diocese has provided some additional information related to charitable giving at

http://www.thediocese.net/Customer-Content/www/CMS/files/Finance_and_Management/ECF_CARES_Act_Charitable_Giving_Incentives.pdf

Excerpts include the following:

There is a new charitable deduction for taxpayers who do not itemize. Beginning in 2020, individuals can deduct \$300 in charitable contributions from their gross income even if they do not itemize their deductions. Donations must be made in cash to a charity. Gifts of appreciated securities and gifts to a donor advised fund or supporting organization do not qualify. Although the permissible amount is modest, it is a new benefit available to many donors.

Donors who itemize their deductions can usually deduct cash contributions up to 60% of their adjusted gross income. For 2020, that cap is lifted and donors contributing cash to charity may deduct up to 100% of their income, a significant tax savings for anyone able to contribute larger amounts. Again, this is only for gifts of cash and only for gifts made directly to charity (not to donor-advised funds or supporting organizations).

The CARES Act eliminates required minimum distributions (RMDs) from many retirement plans in 2020. Some donors have been using their RMDs for tax-advantaged charitable gifts by making a qualified charitable distribution (QCD) directly to charity. Under the CARES Act it is still possible for donors who are 70½ or over to contribute up to \$100,000 directly to a charity without paying tax on the distribution.

~ Wanda Rixon

Sharing Love and Joy

Megan, a member of the Centering Prayer group and a member of Epiphany Episcopal Church, is expecting a baby girl. Recently, she received some gifts from St. Timothy's.

Her note follows:

Dear Centering Prayer and Shawl Ministry,

Amit and I are grateful for your prayers and celebration of our (almost here) baby girl. It has been a journey that we've walked with God and community and are elated to be nearing the time of meeting our blessed miracle.

Thank you for the beautiful blanket, gorgeous card, and generous gift. These will be well used over the coming days and months. We've packed her blanket in the hospital bag so she will feel how it is to be enveloped in God's love after her birth.

Maria's English muffin bread is delicious and a treat for us.

Wishing you many blessings,

Megan and Amit



(photos provided by Fr. Rich)



Vegetarian Breakfast Burrito (Serves 4)

Ingredients: 1 cup dry black beans, 1 red bell pepper, 1/2 avocado, chopped lettuce, 4 tortillas

1. Rinse & pick over 1 cup of dry black beans.
2. In a small saucepan add black beans and cover with 2 inches of water. Bring to a simmer for 2-3 hours until soft (time depends on how old the beans are). Salt cooked beans to taste.
3. Cut the red bell pepper into long strips, discarding the stem and seeds. Cook in a dry pan over medium heat turning peppers occasionally until the skin is lightly charred but the flesh still has some crunch to it.
4. With a sharp knife, cut a ripe avocado in half lengthwise, avoiding the pit in the center. Holding the avocado in your hands, twist in opposite directions to separate. Rub a cut lemon on the exposed flesh of the half with the pit, store in a reusable container, then place in the fridge for another recipe. Use a spoon to scoop out the flesh of the remaining half from the avocado shell. Slice in 4 long pieces.
5. Assemble tortillas by stuffing with beans, peppers, chopped lettuce, and an avocado slice.

A note from the Stewardship of Creation: Bring your own reusable cloth produce bags to avoid the thin plastic bags in the vegetable section of your grocery store.


~ Danielle Capezuto




Looking Back
St. Timothy's Sunday
Service from May 19,
2019 – A Visit from
Pere Wisnel



A poem for Papatūānuku – Mother Earth

 Rest now, e Papatūānuku

Breathe easy and settle
Right here where you are
We'll not move upon you
For awhile 

We'll stop, we'll cease
We'll slow down and stay home

Draw each other close and be kind
Kinder than we've ever been.
I wish we could say we were doing it for you
as much as ourselves

But hei aha

We're doing it anyway

It's right. It's time.
Time to return
Time to remember
Time to listen and forgive
Time to withhold judgment
Time to cry
Time to think

About others

Remove our shoes
Press hands to soil
Sift grains between fingers


 Gentle palms

Time to plant
Time to wait
Time to notice
To whom we belong

For now it's just you
And the wind
And the forests and the oceans and the sky full of
rain

Finally, it's raining!

Ka turuturu te wai kamo o Rangi ki runga i a koe

 Embrace it

This sacrifice of solitude we have carved out for
you

He iti noaiho - a small offering
People always said it wasn't possible
To ground flights and stay home and stop our habits
of consumption

But it was
It always was.

We were just afraid of how much it was going to
hurt
- and it IS hurting and it will hurt and continue to
hurt
But not as much as you have been hurt.

So be still now

Wrap your hills around our absence
Loosen the concrete belt cinched tight at your waist

Rest.
Breathe.
Recover.
Heal -

And we will do the same.



~ poem by Ngāti Hine/Ngāpuhi writer Nadine Anne
Hura, recently shared by Jacinda Ardern, Prime
Minister of New Zealand and shared with us by
Tricia Mussante

Ways to Help Others

If you learn of people in need beyond the reach of
our congregation, please redirect them to the Fairfax
County help line at 703-222-0880 or contact
Cornerstones at 571-323-9555 and we will make
sure that we can continue to reach out.

~ Kerrie Wilson

Happy Birthday, Muriel Turner!



Galilee

The waves of the lake in Galilee
Lapped the shores in such constancy
That Christ was aware of the eternity
Of God's Kingdom, and the serenity
Of the shore. And the vast desert
Beyond drew Him to go apart
To pray to his Father for guidance and love
Which would sustain Him with Breath from above.

On the shores of this lake He taught about
Seeds that withered or thrived, but did not shout
Or rave like prophets of old, nor like the others who
sold
False hopes, wrong methods, or even told
That only the rich, the righteous, the followers of
law
Would be granted a place in Heaven or more.
He told about sheep, a gateway and shepherd
Which gave such hope to the crowds who had
gathered.

He spoke of the love of their God, whose lilies
Never spun cloth, yet shone in such glories
Of color and form, and sparrows who flew
Without fear of fall or hunger and surely, they knew

That God watched over each piece of creation
With such great love and affection,
That all who followed and worshipped with love,
Would allow each to feel peace like a dove.

On the lake, He rested, despite such a storm
That His friends, alarmed at the force and the form
Of the waves and the wind and the peril that
threatened
Their safety. He woke at their cries, stood and
gestured.

He said "Be calm" to the forces of Nature,
Which further convinced them of His power and
stature

In the Divine Kingdom as the winds died,
The waves calmed and there was no need to hide.

In a second storm, He walked on the water,
Called to Peter, "Trust me, come on, don't falter".
"I come, Lord," said Peter, but his faith was not
strong,

And Jesus reached out to His friend, who not long
From this time would deny Him three times,
And feel so ashamed that he left for new climes,
To hide with the others for fear that the Romans
Would seek out His followers to make new
demands

That they give up their trust and belief
In someone who was hanged on a tree like a thief,
Yet faithfully prayed and comforted others.
Then three days later they heard from brothers
And sisters that He was not dead, but alive
In this world. And so they would contrive
To go as instructed to wait at the lake
In Galilee, where they were sure He would make



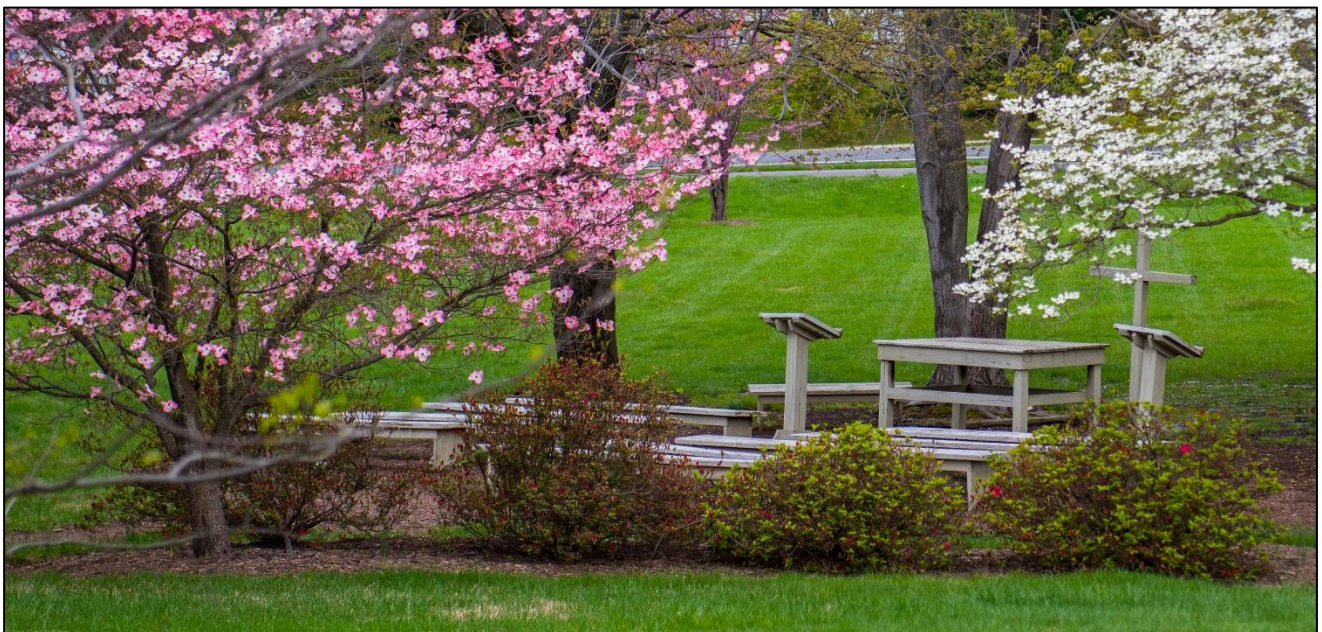
All things well and give tasks and instruction
To feed His flock and move all obstructions,
Not only in Galilee, but throughout all creation.
To seek the path of full redemption,
“Love thy God” and “Love thy neighbor” would be
all

That mankind would need to recall
In order to live the life that He offered
No other reward would need to be proffered.



So, it is for us many centuries later.
Though we are far from that body of water,
We constantly prepare as He instructed
To receive Body and Blood consecrated
And proceed to the life that we hope to attain,
When Christ comes again to permanently reign
Over His Kingdom on earth, never more riven
By sin, hate and war, from our Father in Heaven

~ Jill Cox



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)



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Rector

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703-437-3790 x12

Associate Rector

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703-437-3790 x16

Director of Christian Education

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703-437-3790 x17

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Bookkeeper

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703-437-3790 x13

St. Timothy's Pre-School Director

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

Editors of *The Word*

Ms. Susan Nixon and Ms. Ching Fang-Weeden
wordeditor@saint-timothys.org

Service Times (temporarily suspended)

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

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

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 June issue:
Friday, May 26, 2020**



*Clap your hands, all you peoples;
shout to God with a cry of joy.*

*For the Lord Most High is to be feared;
he is the great King over all the earth.*

*He subdues the peoples under us,
and the nations under our feet.*

*He chooses our inheritance for us,
the pride of Jacob whom he loves.*

*God has gone up with a shout,
the Lord with the sound of the ram's-horn.*

*Sing praises to God, sing praises;
sing praises to our King, sing praises.*

*For God is King of all the earth;
sing praises with all your skill.*

*God reigns over the nations;
God sits upon his holy throne.*

*The nobles of the peoples have gathered together
with the people of the God of Abraham.*

*1The rulers of the earth belong to God,
and he is highly exalted.*

*~ Psalm 47
Ascension Day*