



# The WORD

July 2020

Dear Friends,

As we approach our July 4<sup>th</sup> holiday, it gives us an opportunity to pause and reflect on freedom and what that means to us as 21<sup>st</sup> Century Christians. A common approach to what freedom means is to equate it with individual rights. “I am free and no one else can tell me what to do.” I think we have all heard that before, and we all know that our rights end where others’ rights begin, so it is not really accurate to say no one else can tell me what to do. Most of our days are spent following rules that someone else has laid down, from driving our cars, to school, to how we work. We do not get to just do everything we feel like doing. When we drive a car, we have to stop at red lights to give others their turn to drive—and so we won’t die.

A common way to understand this limiting of individual will in a free society is to say we give up some of our autonomy for the greater good. It is a reasonable approach and works well when we are trying to strike a healthy balance between individualism and communitarianism. I would say that is what is needed in a pluralistic democracy. But Christians have a slightly different balance. Whether it is the description of the church as a Body or the admonition to submit to one another in love, Scripture has a decidedly communitarian aspect to it. Individual rights are never really supported in Scripture although Christian Liberty is mentioned. The danger is to define Christian Liberty according to modern sensibilities, that is, to equate it with individual rights.



When we are baptized, we are adopted, grafted, and remade into something that is new and larger than any individual. When we are baptized, we are no longer male or female, Jew or Greek, slave or free. The implications of this statement in Scripture are quite profound. I won’t go into all the possibilities, but let me leave with you a rhetorical question: “If through my baptism I am no longer male, what does that mean?”

I am going to claim that our freedom in Christ is not a freedom to, but a freedom from. Freedom in Christ does not mean our will is the standard and should not be impeded in any way. It means we are free from the formation the world has given us and can be other than the world directs us. The world will tell us what it means for me to be male, but the

church through baptism says I am not bound by the world's definition.

I am also going to take the position that through baptism I am no longer white or black. Historically in America, the world has been adamant about what it means to be white or black, enshrining in law color scales, rights based on race and greater autonomy for some as opposed to others. Baptism erases those differences. If through my baptism I am no longer white, what does that mean?

It means I am free from...

Summer Blessings,

### *Vestry Notes – June 16<sup>th</sup> Meeting*

The Vestry donated a dogwood tree to our chapel garden to be planted in memory of Rose Bardusch. Andy Hamm and John Nixon planted the dogwood in May. A plaque will be inscribed with Rose's name and added to the memorials on our sanctuary's back wall.

On June 11<sup>th</sup>, the church Trustees signed the final eminent domain condemnation documents concerning the property near the Van Buren Street entrance. The Town of Herndon will process the documents for approval with the court.

The Vestry discussed the regathering guidelines recently issued by the Diocese of Virginia. The Worship and Communications Committees are currently in the process of formulating plans for our church's re-opening. On-line services will definitely continue as we move forward. There was also discussion about whether to once again permit outside organizations to meet in our building.

We are pleased to announce that Kathy Lombard was approved by the Vestry to assume the role of Treasurer. We give a big thank you to Duane Hartge for all his hard work as Treasurer and for his dedication to the job. This year has been a special

challenge with the Paycheck Protection Plan application, the refinancing of our mortgage with a new bank and our dealings with the Town of Herndon regarding eminent domain.

Kathy informed the Vestry that there has been an increase in donations to the Rector's Discretionary Fund during the pandemic and we are grateful for these donations. The Lakota ministry donated this year's travel funds to the Lakota tribe once the ministry's travel plans were cancelled.

An effort will be made to contact more people in our congregation to assist the Capital Campaign. We have some expensive projects that need attention such as repaving the parking lot, the improvement of Henry Hall and the replacement of some aging HVAC systems. There are also some grants from the Diocese which we may apply for if we meet their eligibility requirements.

~ Carmela Condro





On Thursday, June 25<sup>th</sup>, Saint Timothy's Pre-School had a mini socially distant graduation ceremony for each of their four pre-K classes. It certainly was not the way the school had hoped to end their year, but families and staff were delighted to have the opportunity to have some closure and a chance to say goodbye.

The preschool is planning on opening this fall and is currently accepting applications. Please contact Monica Despina, Pre-School Director, for more information. She can be reached at 703-437-4767.



photo provided by Monica Despina

## ***Link Continues Providing Extended Assistance to Community***

The recent drive thru Food Drive at Trinity Presbyterian was a great success! Many thanks to all of you who made time to purchase and drop off donations. Our neighbors at Trinity report a generous turnout from the community. Following is an excerpt from the June update sent to LINK volunteers from board president, Lisa Lombardozi:

*. . . from restaurants offering food to families to churches hosting food drives to Girl Scouts baking bread in their kitchens to a 53' semi driving from Utah to donate 40,000+ pounds of food to LINK, goodness is everywhere. The need in our community is great, but the selflessness of our community is greater. During the past eleven weeks, LINK delivered food to 1668 families (7575 individuals). Pre-pandemic, LINK would've served 220 families. This is only possible with people volunteering to help in so many ways.*

The St. Timothy's family has done an incredible job of supporting LINK during the Coronavirus pandemic. Thank you to those who have held neighborhood food drives, dropped off donations at local churches, sent in financial donations and volunteered to deliver. Donations and support from LINK business partners continue to stream in. The 40,000 pounds of food from Utah was a donation from the Church of Jesus Christ of Latter-Day Saints. LINK volunteers unloaded the trailer and stored the food at Christ the Redeemer Catholic Church in Sterling. Local businesses loaned LINK the forklift and pallet mover for unloading.

There is still a huge need for donations of non-perishable food and volunteers to deliver it. The most needed items include: soups, chili, stew, cereal, canned tomatoes, dry and canned navy, black and pinto beans, white rice, macaroni and cheese, peanut butter, jelly, cleaning supplies such

as all-purpose cleaner, dish soap, laundry detergent, diapers (sizes 4, 5 and 6) and baby wipes.

Donations may be dropped off at Herndon United Methodist Church in the container labeled LINK near the main entrance. Financial donations are also welcome. LINK will use your donation to purchase meat and produce to supplement non-perishable items. Please mail your donations to LINK, P.O. Box 426, Sterling, Virginia, 20167. To volunteer, please click this link:

<https://www.signupgenius.com/go/904044ea9a7292-20206>

Thank you for supporting Service Ministry and putting your faith to work to serve our neighbors. In the words of Maya Angelou, "People will forget what you said. People will forget what you did. But people will never forget how you made them feel."

~ Shon Beury

## ***Shadows***

The hot sun is throwing shadows at my feet. Some simple, some complex, some fleeting as a bird flies above from roof to tree. The speedy outline of a jet plane, not long after departure from the airport, crosses the sun to disturb the air with noise and the bright light with shadow.

The simple straight lines of the balustrade around the deck seem to define paths by which to traverse the course of life. Here and there they are interrupted by the intricate trellis work of the table and chairs and perhaps that indicates the many times we stray from the "straight and narrow" as our own actions and those of the world lead us aside to resolve conflicts and problems, both self-inflicted and otherwise. Some circles seem almost isolated with only a tenuous, thin strand of shadow still connected to the main black mass. How thankful we should be that the strand was never broken in our lives when so many never see the shadows or the links to security and love.

As the earth revolves, the shadows decrease in size, but are also redefined and are more intense. The human shadow at noon is reduced to minimum size

beneath our feet, perhaps a lesson in humility is intended by a greater Power. Much of the time, we stray into thinking we are the center of the orbit of life, but this reduction of self reminds us of the miniscule part we play and how insignificant we are in the grand scheme of creation.

Even in writing my pencil casts a shadow. It cannot propel itself, so the larger, undefined shadow of a hand looms behind it. There are blocks of light and shadow that the writing crosses just as in life, there are dark times and light, brilliant times. The blocks of light are defined in squares and larger rectangles by the partly open window blinds. The shadow are thin, disjointed blocks of grey, which, again, reflect the journey through life so graciously given to us.

How wonderful it would be to be able to paint these shadows. Like photographers, one would only be able to capture the one instant of an ever-moving, ever-changing phenomenon. The camera could portray this arrangement of light and shadow in a rapid series of shots, but the painter would have to spend a lifetime of repeated visits and careful positioning to do the same and then would probably fail to captivate the continuum, just as in life, it is rarely possible to return to a situation and change the outcome or erase the source of that disappointment, disagreement or regret.

~ Jill Cox

### ***Communications Ministry***

Since COVID-19 appeared, we have found ourselves worshiping and serving our community in a much different world. The Communications Ministry is looking at how best we can serve our parish and parishioners. That said, we are looking at all aspects of communication through a new lens.

One of our first efforts was to review submissions to both the weekly eNews and monthly newsletter, *The Word*. We asked what was most appropriate for each publication to ensure timely information was still being distributed, but also ensuring not to bog

down parishioners to the point they skipped publications altogether.

We want to return to the original intent of each publication and are providing submission guidelines to assist in this process. We encourage everyone to continue submitting items and we will ensure that every item is published in the most suitable format. We appreciate your cooperation on this and will continue to share as we refine our process.

### ***Guidelines for eNews Submissions***

Submissions to eNews should be no more than 150 words, should be either time-sensitive or request action on the part of the recipients and should include desired dates of publication. Submissions may be edited to meet these guidelines and items will run for three (3) weeks or until the event date, whichever occurs sooner.

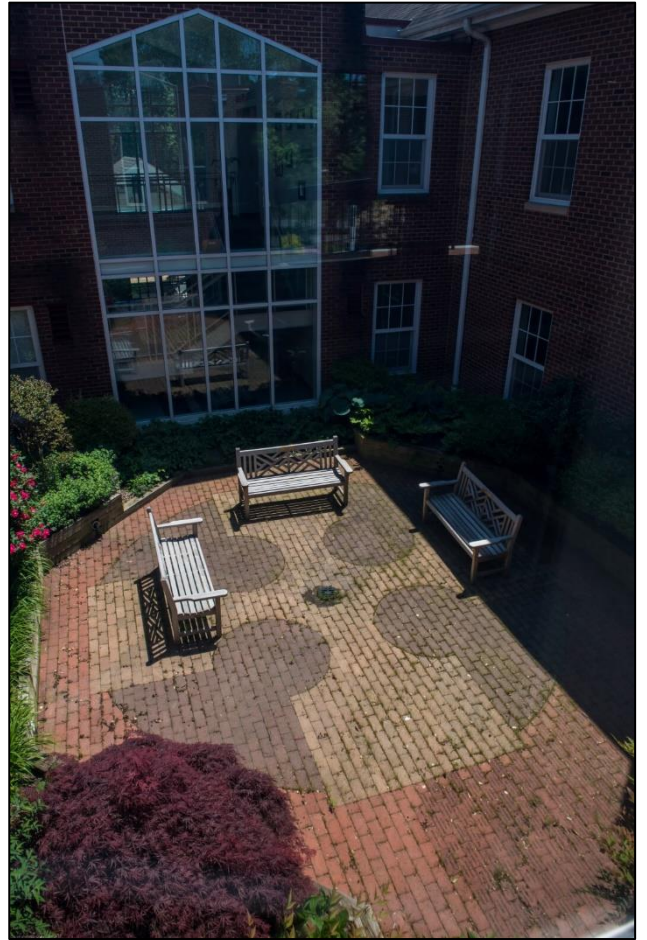
### ***Guidelines for The Word Submissions***

Longer items like articles, stories, poems, and photos are all appropriate items for The Word. Submissions may be edited for clarity and consistent style.

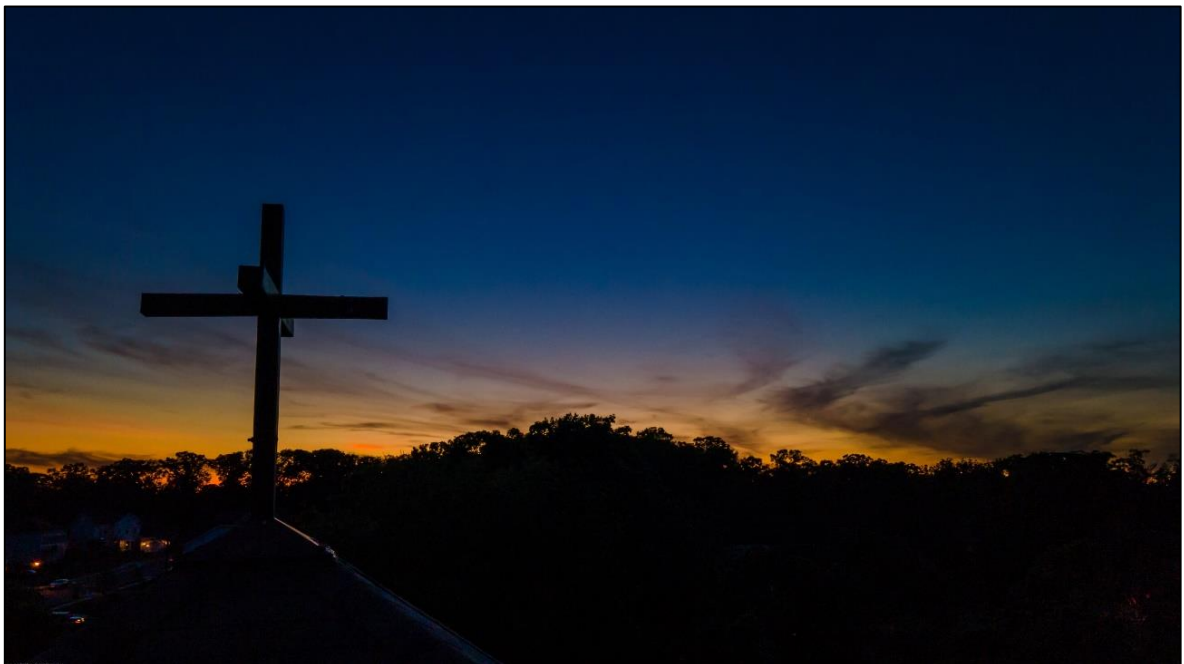
~ Catherine Lamoureux



*photo provided by Carol Sinclair*



Our Church Home



## Christian Education News



Christian Education is actively working with vestry and the diocese to plan a safe, meaningful upcoming Sunday School year.

Normally, at this time of year I begin to schedule teachers. Due to our current state of unknowns I have chosen to wait until the beginning of August to request teacher

sign ups and Sunday School registrations. If you would like to join Christian Education and help us in planning, please email me. All are welcome to give input. If you already know that you will be unable to teach this coming year, please let me know. I hope to see you all (virtually or in person) soon.

Finally, Christian Education would like to thank the following volunteers from the 2019-2020 Sunday School year. This amazing group of volunteers were Sunday school teachers, Club456/Youth Group Leaders, assistant teachers and all-around wonderful examples of sharing God's love with our youngest church members: Carol Durand, Natalie Dubishar, Johanna Smith, Diana Wright, John McGrath, Lael Lyons, Sarah Hobson, Alex Schumann, Matt Schumann, Pat Smith, Genevieve Zetlan, Allison Dodd, Nathaniel Lamoureux, Madeleine Lamoureux, Katelyn Struck, Elizabeth Witter, Rebecca Hobson, Erika Hobson, Jeanne-Marie Burke, Dwight Townsend-Gray and Joe Weeden.

Thank you for your willingness to use your gifts and abilities to strengthen the mission and ministry of this church. You have been an example of servant-leadership and giving. You are a blessing to this congregation!

### Save the Dates:

- Blessing of the backpacks/laptops - August 23<sup>rd</sup> at 10 am
- First Day of Sunday School - September 13<sup>th</sup> at 10 am

~ Alyssa Stoffer

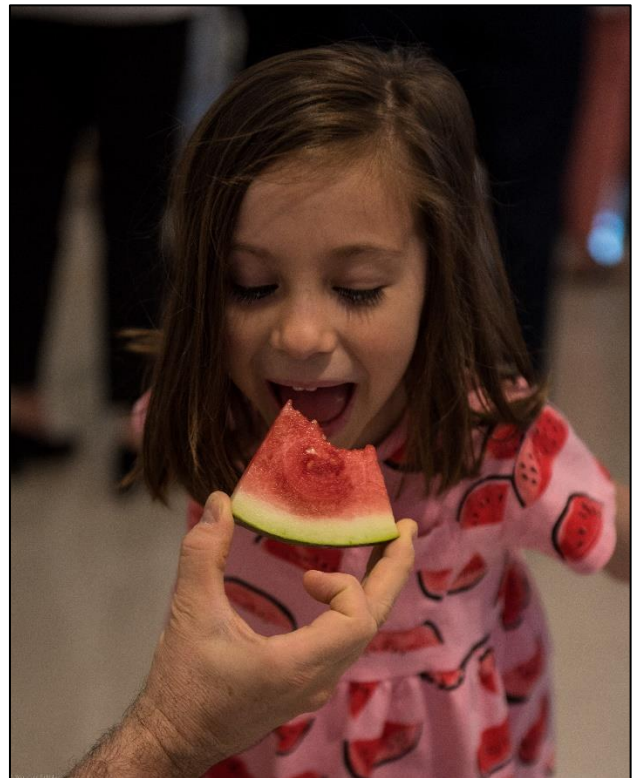
## Vegan Chia Seed Pudding (Serves 4)

*Ingredients: 1 cup dairy-free milk (soy, almond, etc.), 4 Tbsp chia seeds, 2 tsp maple syrup, 1 fresh fruit (mango, pear, etc.)*

1. In a reusable container, add milk, chia seeds, and maple syrup. Whisk to combine then cover and place in the fridge overnight.
2. The next day, whisk chia seed pudding vigorously to break up any clumps.
3. Assemble in glass jars by layering pudding, chopped fresh fruit, and any other toppings desired (slivered almonds, shaved dark chocolate, etc.)

*A note from the Stewardship of Creation: Bring your own reusable containers to your grocery store's dry bulk bins to avoid unnecessary plastic packaging for chia seeds.*

~ Danielle Capezzuto



## *My Shadow*

by Robert Louis Stevenson

I have a little shadow that goes in and out with me,  
And what can be the use of him is more than I can  
see.

He is very, very like me from the heels up to the  
head,  
And I see him jump before me, when I jump into  
my bed.

The funniest thing about him is the way he likes to  
grow-  
Not at all like proper children, which is always very  
slow,  
For he sometimes shoots up taller like an india-  
rubber ball,  
And he sometimes gets so little that there's none of  
him at all.

He hasn't got a notion of how children ought to  
play,  
And can only make a fool of me in every sort of  
way;  
He stays so close beside me, he's a coward you can  
see;  
I'd think shame to stick to nurse as that shadow  
sticks to me!

One morning, very early, before the sun was up,  
I rose and found the shining dew on every  
buttercup.  
But my lazy little shadow, like an arrant sleepy-  
head,  
Has stayed at home behind me and was fast asleep  
in bed.

~ Jill Cox





**2020 Vestry with Liaison Assignments**

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

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

**Terms Expire 2023**

Catherine Lamb – *Service*  
[Catherine\\_michaels@hotmail.com](mailto:Catherine_michaels@hotmail.com)  
703-615-6522

Tatiana Martínez – *Latino Ministry*  
[Tatymartinez2002@yahoo.com](mailto:Tatymartinez2002@yahoo.com)  
410-980-4739

Alex Schumann – *Christian Formation*  
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571-442-6461

Ralph Tildon – *Pastoral Care*  
[rtildon1@verizon.net](mailto:rtildon1@verizon.net)  
703-464-9377

**Terms Expire 2022**

Allison Dodd – *Hospitality*  
[aahedley@yahoo.com](mailto:aahedley@yahoo.com)  
202-365-7595

John Druitt – *Fellowship/Newcomers*  
[druitt@aol.com](mailto:druitt@aol.com)  
703-989-0770

John Nixon – *Buildings and Grounds*  
[jnixon@verizon.net](mailto:jnixon@verizon.net)  
703-973-8005

**Terms Expire 2021**

Andrew Hamm – *Finance*  
[andyhamm@verizon.net](mailto:andyhamm@verizon.net)  
703-435-0438

Catherine Lamoureux – *Communications*  
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540-818-9479

Nancy Miller – *Pastoral Care*  
[nancymiller5@cox.net](mailto: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**  
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**Rector**

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**Director of Christian Education**

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703-437-3790 x10

**Bookkeeper**

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**St. Timothy's Pre-School Director**

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703-437-4767

**Editors of *The Word***

Ms. Susan Nixon and Ms. Ching Fang-Weeden  
[wordeditor@saint-timothys.org](mailto:wordeditor@saint-timothys.org)

**Service Times**

Saturday: 5:00 pm Outdoor Chapel (English)  
7:00 pm Virtual (Spanish)  
Sunday: 8:00 am Outdoor Chapel (English)  
10:00 am Outdoor Chapel and Virtual (English)

Please Note: reservations are required for all in-person services due to limited group sizes required because of COVID-19. Please contact the church office by phone or email to make a reservation.

***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](http://www.saint-timothys.org) or send the information to [office@saint-timothys.org](mailto:office@saint-timothys.org).

To transfer your membership to St. Timothy's or to find out if you are a registered member, contact Mindy Rohrbaugh ([blessed2boma@gmail.com](mailto:blessed2boma@gmail.com)) or fill out the Parishioner Information Form: [www.saint-timothys.org/uploads/docs/info-form.pdf](http://www.saint-timothys.org/uploads/docs/info-form.pdf)

*The Word* is published monthly and emailed to members and friends the first week of the month. It also appears on the website. If you wish to receive a copy by mail, please notify the church office ([office@saint-timothys.org](mailto:office@saint-timothys.org)). Copies of *The Word* are also available in the office.

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

**Submission deadline for the August issue:  
Friday, July 24, 2020**



*Your word is a lantern to my feet  
and a light upon my path.  
I have sworn and am determined  
to keep your righteous judgments.  
I am deeply troubled;  
preserve my life, O Lord, according to your word.  
Accept, O Lord, the willing tribute of my lips,  
and teach me your judgments.  
My life is always in my hand,  
yet I do not forget your law.  
O The wicked have set a trap for me,  
but I have not strayed from your commandments.  
Your decrees are my inheritance for ever;  
truly, they are the joy of my heart.  
I have applied my heart to fulfill your statutes  
for ever and to the end.*

*~ Psalm 119:105-112  
Sixth Sunday in Pentecost*