



The WORD

July 2023

Dear St. Timothy's Family,

Do you have a passion for creation care? A desire for environmental action? Do you have skills in waste management? Do you have the ability to lift around 40 lbs. and reliable transportation? If so, have I got a deal for you!

Earlier this year, St. Timothy's cancelled the recycling portion of our contract with our waste management company. The Vestry made that decision because our recycling bins (see pictured) had repeatedly been used by "neighbors" as trash receptacles. This caused the recycling inside those bins to be compromised and it also tended to create an unsightly mess to be cleaned up by someone (usually Andy Hamm) when the bins would inevitably fall over. It then created an "attractive nuisance" such that even more neighbors would consider that to be a place to eat their lunch and put their trash (into the recycling.)

Given the situation, we decided that it was prudent not to be paying money (around \$1000/year) for our recycling NOT to be recycled and for this litter situation to persist on our front lawn. The Vestry, of course, lamented that this would jeopardize our ability to recycle—specifically our paper waste. The Preschool shared that concern and promised to find its own solutions for its recyclables. "Upstairs" also remained committed to recycling. As of now, this consists of an individual taking the large white oblong recycling receptacles to their home and putting them in their personal recycle bins (See attached).

I am writing to ask if anyone would like to participate in this effort. The job description is in *italics* above. (And there indeed might even be a solution beyond the current one.)

(By the way, in other trash news, the Church had previously purchased a lock for the gated dumpster to prevent folks from filling up our dumpster with their home trash. This means that every week on trash day, we go and unlock the dumpster so that the waste management company can get to it. And our cleaning company does the same whenever they use it. A key exists in the kitchen for all groups [internal or external] to access the dumpsters and dispose of their event's trash.)

I have intentionally offered the above belabored description to iterate the complexities of St. Timothy's campus and building. We have 8 acres of a beautiful and inviting (and entirely porous) campus. We have a large building with a



growing church and a Preschool. We have a worshipping congregation, Holy Trinity Catholic Parish, which rents our space on Sunday mornings and a Dance company that does the same on Monday through Wednesday. We have more than a dozen recovery groups that meet at various times all throughout the building. We have a Boy Scout Troop with weekly meetings and a Red Cross Blood Drive occurring every other month.

We also have all sorts of visitors throughout the week, drop-ins and randoms, those seeking financial assistance and those whose needs are even deeper.

This all means that we are a vital hub of the social fabric in the Herndon community. But it also means that it puts no small strain on the building and our staff. As our church grows back in numbers, this reality will increase. (For example, more people worshipping over the weekend means more bulletins, which means more recycling trips by our prospective recycler.) Know that we are always looking for folks to “chip in” in a variety of ways.

In closing, and returning to our recycling situation, I know that previously St. Timothy’s had someone who carried the (somewhat grandiose?) title of *Steward of Creation*. I will avoid that title and, for the opposite reason, that of “volunteer.” Rather, does a “disciple” or a “servant” among us feel called in this direction?

Yours in Christ,
CHARLES+



Haiti Agape Coming August 13 – 27th

In August the Haiti and Service Ministries will be conducting their annual fundraising drive in support of St. Matthieu’s School in Chapoteau, Haiti. As we prepare to send our own children back to school this fall, we ask you to prayerfully consider the plight of parents and teachers in Haiti who also wish to educate their children amid economic and political turmoil. Further details on the Agape will be provided beginning in August.

In the meantime, please reflect on the words of Ina J. Hughes:

A Prayer for the Children

*We pray for the children
who put chocolate fingers everywhere,
who like to be tickled,
who stomp in puddles and ruin their new pants,
who sneak Popsicles before supper,
who erase holes in math workbooks,
who can never find their shoes.*

*And we pray for those
who stare at photographers from behind barbed wire,*

*who've never squeaked across the floor in new sneakers,
who never had crayons to count,
who are born in places where we wouldn't be caught dead,
who never go to the circus,
who live in an X-rated world.*

*We pray for children
who spend all their allowance before Tuesday,
who throw tantrums in the grocery store and pick at their food,
who like ghost stories, who shove dirty clothes under the bed,
who never rinse out the tub,
who get visits from the tooth fairy,
who don't like to be kissed in front of the school,
who squirm in church and scream in the phone,
whose tears we sometimes laugh at and
whose smiles can make us cry.*

Respectfully submitted by Carolyn Hamm





Photos courtesy of Craig Dubishar

Link Summer Food Drive

The Service Ministry is hosting a summer food drive for LINK. St. Timothy's is a member of LINK and has been helping our neighbors in need for over 40 years. LINK delivers food and other supplies to over 200 families a month in the Herndon, Sterling and Ashburn area. The demand is higher than ever, and LINK needs our support!

Our Spring Food drive was so successful that we are following up with a Summer Food Drive. We will pass out our blue cloth bags on Sunday July 9th and will collect the food on Sunday, July 16th. You can still participate if you are not able to receive a bag or are unable to attend the following weekend to drop off a bag. Bags can be dropped off anytime at the LINK basket in Henry Hall. We are grateful for anything you can contribute to help with hunger in our community.

The Service Ministry thanks you for putting your faith to work to serve our neighbors.

Respectfully submitted by Thomas Bosworth, Service Ministry

The Closet

Volunteer days for The Closet in July are July 5 and July 26. There are many volunteer jobs to do - hang clothes, put priced items in the store, and make labels. The Closet asks that you commit to a two or three hours shift. If you wish to volunteer, please contact Holly Hartge (mhhvirginia@verizon.net.) The Closet is also hiring! If you know someone looking for a part time or full time job, contact Manager Tempestt Harmon at The Closet for additional information (703.437.7652) or go to the website (<http://theclosetofgreaterherndon.org>).

High School Students are especially needed on Monday July 10th (2:00-4:00pm) and Saturday July 15th (12:30-4:00pm). The Closet will verify students' hours for school credit, which we know is important to them.

See below for additional volunteer opportunities.

Your volunteer support makes a difference in the Herndon Community.

Respectfully submitted by Holly Hartge, Closet Representative for St. Timothy's



*The Closet's
Giant Toy Sale!*

When: Saturday July 15th 9:00am–12:30pm **Where:** The Herndon
Moose Lodge
779 Center St, Herndon, VA
Just 2 blocks from The Closet

What: The toy sale selection includes vintage Fisher Price Little People, Transformers, vintage Lego sets, American Girl dolls, porcelain dolls, games, infant and preschool toys, trains, and so much more!

Why: Wide selection of toys, and proceeds returned to the community as grants and scholarships.

How to Help:

Volunteers needed:

Monday July 10th: 2:00pm–4:00pm

Tuesday-Friday July 11th–14th: 10:00am–4:00pm Saturday July 15th: 8:30am–4:00pm

Opportunity for adults and high school students Go to SignUpGenius:

<https://tinyurl.com/ClosetToySale2023>

Vision Walk 2023



Dear Church Family,

Thank you to all of my Church family for your love, encouragement and support. Though it was a warm, toasty day for the walk, it was a pleasant day. My team raised over \$2,000, and the Metro VisionWalk total is currently \$158,000 and still climbing. The research has come a long way and still advancing. If anyone has a problem or questions, please contact me and I will “plug” you in to any and all resources.

Also, our church has donated over 100 pairs of glasses this year! Please keep them coming! They spread sight to those in need around the world.

Thank you and God Bless,

Michelle Duquette

THE PETAL

*Light as a feather the petal falls
Disturbed only by a bee who calls
Upon the bloom for the subsistence
Maybe even for sheer existence.*

*Light breeze wafts through the leaves
And blows the petal between the sheaves,
To rest as a spot of color
In a dark grey-green border.*

*Light-footed ant comes running by,
Bites a small piece of petal nigh,
Leaves hemi-circled void of petal blossom
Which softly flutters in gathering gloom.*

*Light web- strands capture the remains,
To surprise a spider, who obtains
His food to satisfy his needs
And retreats to safety in the weeds*

*Light, gentle from the crescent moon,
And stars that shine above the loon,
That swims on lake and then espies
The small jewel of blue like tiny eyes.*

*Light, ruffled feathers whisper down
To gather the prize in a crown
Of reeds for a nestled chick,
Arranged with feet and sharp beak's click*

*Light rain washes down upon the jewel,
Its wet weight promotes a duel
Between the nest and greedy water,
And the battered petal can but falter.*

*Lightly falling into rippled lips
And suddenly, it gently slips
Into maw with gulp and swallow
No more of any worth and value.*

*Light and warmth return at dawn
And bees arrive aroused, and swarm
By need to revisit bushes full of scent
And petals will again be torn and bent.*

Respectfully submitted by Jill Cox

2023 Vestry



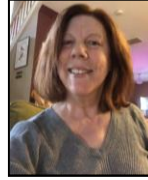
Maria LaWalt (2025) – *Senior Warden*
mjlawalt@verizon.net
703-318-9838



Vilma Iveth Lemus Magano (2026)



Kristie Rudolph (2025) – *Junior Warden*
kristie.g.rudolph@gmail.com
571-599-8262



Paige Williamson (2024)
Paige_williamson@me.com
703-793-5907



Betsy Bosworth (2025)
kblc@verizon.net
703-851-4435



Midori Yanagihara (2026)



Tom Davis (2024)
Tkdavis278@verizon.net
571-420-8544



Rick Wilson (Alternate)



David Dopsovic (2024)
ddopsovic@lmvlaw.com
703-407-7271



Matt Schumann (Alternate)



Carolyn Hamm (2025)
carolynhamm@verizon.net
703-593-4148

Kathy Lombard – Treasurer treasurer@saint-timothys.org
Rose Berberich - Registrar



St. Timothy's Episcopal Church
 432 Van Buren Street, Herndon, VA 20170
 Voice: 703-437-3790 Fax: 703-787-9781
www.saint-timothys.org

Service Times

Saturday: 7 pm Spanish Service/Rite II
 Sunday: 8 am Rite I (English)
 Sunday: 10 am Rite II (English)
 Also available via Zoom
 (Livestream on YouTube/
 Facebook/Website)

Please check the website for up-to-date information about opportunities to worship

Welcome New Members

To transfer your membership to St. Timothy's, fill out the Parishioner Information Form: www.saint-timothys.org/uploads/docs/info-form.pdf

If we do not have an email address for you and your family, or if your email has changed, send the information to office@saint-timothys.org.

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.

Priest-In-Charge

Rev. Charles R. Cowherd
priest@saint-timothys.org
 703-437-3790



Organist/Choirmaster

Mr. Todd Grivetti
music@saint-timothys.org
 703-437-3790 x16



Parish Administrator

Ms. Deb Stolar
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. Allyson Showalter
sttimothypreschool432@gmail.com
 703-437-4767



Editor of *The Word*

Ron Boggio
wordeditor@saint-timothys.org

**Submission deadline for the August issue:
 Thursday, July 20, 2023**

Welcome

This Month we welcome our new Editor of the WORD: Ron Boggio. Ron, a former Carmelite priest and retired psychotherapist, is a parishioner who many know well from his Sunday Adult Forum series during Lent entitled “Psychology and Spirituality.” Ron has agreed to take over the duties editing the WORD from Robin Mullet who we said goodbye to earlier in June. Below is a sample of Ron’s thinking and work on the topic that he presented on back during Lent. Click here [Sunday Lenten Adult Forum and 10:00 Service - Feb 26th, 2023 - YouTube](#) if you are interested and want to watch the classes on Youtube.

CHARLES+

Psychology and Spirituality

True Self, False Self, the Holy Spirit and Pentecost

Genesis tells us that we have been created in the “image and likeness of God.” One of the early Fathers of the Church explained this to mean that God’s image is implanted within us at birth and that our life’s goal is to develop that image into the likeness of God, becoming ever more like God. This leads me to think about two 20th century thinkers, one a psychologist and the other a Trappist monk.

Carl Jung (1875-1961) is noteworthy in the history of psychology for developing the concept of the “Self.” In his thinking, the Self occurs when material from our unconscious is brought into the light of consciousness. The resulting Self moves us beyond our egos by allowing us to incorporate hitherto unconsidered material from the unconscious; we are enlarged beyond our egos by finding ways to make real our unconscious dreams, hopes, visions for the future and previously unconsidered pathways for our lives. Jung emphasized that the process of developing the Self was an ongoing journey into ever increasing self-knowledge and actualization.

Thomas Merton (1915-1968) directly or indirectly built upon Jung’s concept of the Self through spiritual writing in which he introduced the concept of the True Self (TS) and the False Self (FS). For Merton, the TS is that part of us that is aligned with God and God’s plan for ourselves and the world. In contrast, the False Self is that part of us that pursues goals other than those that are aligned with God’s vision for us and the world (e.g., consumerism careerism, an us vs. them mentality). Like Jung, Merton also taught that the process of moving away from the FS and aligning ourselves ever more with the TS was a lifelong journey of spiritual development.

It is not surprising that two thinkers from two different perspectives emphasize in their own ways the notions of ongoing growth and development. To grow and change (to ripen in fullness) is the essence of being human, and indeed the essence of all life. These ideas may have a special resonance for us during this long season of Pentecost, in which we recall the growth and development of the early Church as portrayed in the Acts of the Apostles. An obvious link between our spiritual growth and the season of Pentecost is the gift of the Spirit. St. Paul tells us that the Spirit is more intimate to me than I am to myself. This is not only a good description of what Merton means by the TS, but is also the basis for the Church’s theology of the indwelling of the Holy Spirit.

For it is always and everywhere, the initiative of the Spirit within me that allows spiritual growth to occur. Or in other words, it is myself in union with and aligned with God that propels me to become more like God. It is only by the grace of the Spirit that we know who our True Self is, and only by the grace of the Spirit that we can overcome the lure of the False Self and find a way to actualize the “good news” in our world. Perhaps one way for us to approach the season of Pentecost is to ask ourselves some questions: where in our lives do we find

conflict between our true self and our false self, where are we on our spiritual journey to become more like God, where are we being called to implement God's vision in our families, our workplaces, our church and our society? What impedes that journey and where do we need the breath of the Holy Spirit to enflame more deeply our true self so that we can better align ourselves with God's work in the world?

Let us pray:

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

Respectfully submitted by Ron Boggio