

From the Rector: Just My Part

Poverty, war, hatred, tyranny ... the problems of the world seem huge and overwhelming. Sometimes I feel like I'm drowning in despair. No matter what we do, things don't get better—in fact, they get worse. It's hopeless.

The “big picture” can be thoroughly daunting, even paralyzing. When I survey the sum of human suffering, the ravaging of the earth, I lose faith. When that happens I need to step back, let go of my desire to control, my desire to fix everything, and remember my place. I'm not the Savior of the world, Jesus is. I am God's servant; I am simply called to do my part. That's all.

I believe God has given me certain “gifts” (abilities, experience, knowledge) that I am to use each day. I can befriend someone, lift someone's spirit, sympathize, pray, listen;

share something I have. I may not see how simple acts of kindness and hospitality help, the effects may be invisible to me. But I know I can make a large, positive difference in someone's day, in someone's life. And when a lot of us use our gifts we can change the world.

I realize I can't heal the world, but I can be an agent of grace, an instrument of God's redeeming love. Working together, we can be an army of grace, a great redeeming force of goodness.

I just have to do my part, use my gifts; nothing less and nothing more. That's all any of us has to do, and trust that God's Holy Spirit is present, weaving quiet powerful miracles. +

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News from “The Rez”: Pine Ridge Report

The St. Timothy's Lakota team would like to share with you news and information about the Pine Ridge Reservation where we travel each year to do God's work. You are welcomed to join us on the upcoming trip in May 2013 or support us any way you feel God leads you.

The following are excerpts from the Pine Ridge Retreat Center Nov/Dec Newsletter authored by Pastor Karen Rupp and Ms. Meredith Harber (intern). The Mission of the Pine Ridge Retreat Center is to strengthen the congregational ministry of our ecumenical partners and to offer cross-cultural retreats for the purpose of building respect of, and understanding for, all of God's people. Pine Ridge Retreat Center is a joint ministry of the Presbyterian

Church (USA) and the Evangelical Lutheran Church in America.

As the Days Get Colder...

Retreat season has slowed down a bit for us here at the PRRC during November and December, but life here hasn't slowed down at all! November and December has brought holiday celebrations, birthday parties, opportunities to travel and lots of fun to be had by all!

During November, we were happy to host the folks from the University of South Dakota Sanford School of Medicine and the Mercy School of Nursing. Surrounded by these healing hands, our conversations about medicine and ministry were invaluable. In December, our only visitors were Charles and Helen

Annual Council Discusses Gun Control, Reduced Budgets

Diane Miller

St. Timothy's delegate and Region V Vice-President

The 218th Annual Council of the Episcopal Diocese of Virginia was conducted January 24th - 26th, with a theme of "Setting God's Table". The St. Timothy's delegation included our clergy, Fr. Brad and Leslie, and our lay delegates Jennifer Boysko, Cheryl Brock and Diane Miller.

Council kicked-off on Thursday with classes and committee meetings. A reception that evening honored The Right Reverend Susan E. Goff, our recently elected Bishop Suffragan. Friday we conducted the business of the Diocese—election of the Standing Committee and reports of the various Boards and Committees. Our keynote speaker, Dr. Clif Christopher, offered insight into how we build the Kingdom of God by leading our parish's response to God's call to us to honor and serve Him through commitment of our resources. We were spiritually fed by the Pastoral Address of Diocesan Bishop Shannon S. Johnston and the meditations led by Bishop Goff, in her role as chaplain of Annual Council. How we prepare and partake in Setting God's Table, through individual and corporate commitment of all our God-given resources, resonated throughout the Council sessions.

Workshops on Friday afternoon enlightened us in such topics as successful capital campaigns, serving our military parishioners, gun control, and poetry in our hymns; additional

open hearings were conducted for each area of Council deliberation. Friday's highlight was a magnificent, uplifting Holy Eucharist led by Bishop Johnston, with Bishop Goff offering a Homily that again brought us to our theme of Setting God's Table. Delegates returned for an evening of dessert and dancing (OK, not YOUR delegates!).

Council re-convened Saturday morning when we recognized newly ordained Vocational Deacons, Deacons, and Priests; celebrated with St. Peter's in the Woods of Fairfax Station achieving parish status; recognized our congregations who celebrate in a language other than English; heard committee and Board reports; approved the Diocesan budget; and voted on proposed Resolutions and Courtesy Resolutions. Of note on the budget: this was the third year in a row the Diocese had a lower budget due to reduced and unpaid parish pledges, resulting in fewer resources for Diocesan mission and programs. The Resolutions garnering the most discussion were those proposed to restrict gun sales and ownership as a Diocesan response to recent acts of violence in Connecticut. Council adjourned early afternoon with The Episcopal Blessing and a Hymn.

If you have any questions about Council, please feel free to contact any of your clergy and lay delegates, or visit the Diocesan website at www.thediocese.net. We all appreciate the opportunity to represent you at Council. +

Ash Wednesday Services

St. Timothy's observes the start of the Lenten season with Ash Wednesday Services on Wednesday, February 13, 2013 at 6:30 am, 12:15 pm, and 7:30 pm. All are welcome to attend.

The term "Ash Wednesday" refers to the custom of placing blessed ashes on the foreheads of worshipers, as a symbol of repentance. The Lenten liturgy offers an opportunity to step out of the busy day, to slow down and to reflect; the imposition of ashes is optional. All services will include Holy Communion. The 7:30 pm service will also include a sermon.

Lent is a time of penitence and reflection, leading to Easter. The word "Lent" comes from the Anglo-Saxon term *lencten* – or Spring – the time of year when the days start to lengthen. +

Lenten Adult Faith Formation Program

Please join your clergy and fellow parishioners for a five-week Lenten discussion series focused on Henri Nouwen's *Return of the Prodigal Son*. We will meet in the Narthex from 7-8:30 PM on five consecutive Sundays from February 17-March 17. If you would like to sign up for the class, please contact Leslie Chadwick at lesliec@saint-timothys.org or sign up on the sheet located at the Christian Education Table in Henry Hall. Please let the clergy know if you need assistance covering the cost of the book. +

Pancake Supper Kicks Off Lent February 12

Take a break from figuring out “what’s for dinner”! Come Tuesday, February 12, 6:00 - 7:30 pm as the Youth Group hosts the pancake supper. Feast on pancakes, French-toast sticks, ham, applesauce, coffee, apple juice and milk.

Proceeds will benefit the Youth Group’s mission trip to Dungannon, Virginia, in August. Tickets are \$15/family and \$8/adult, and may be purchased at the door or on Sundays in Henry Hall. Leftover food will be donated to the Emily

Rucker Community Shelter in Reston VA.

Throughout the centuries and around the world, the day before Lent – also known as Mardi Gras, Fat Tuesday, Tuesday of Carnival, Pancake Tuesday, Packzki Day, fetter Dienstag, and Fasnacht Day – has been an opportunity to make merry and to use up all the rich ingredients in the kitchen, prior to the Lenten fast. Come enjoy this ancient tradition of delicious food and good company. +

Rev. Leslie’s Plans Sabbatical After Easter

St. Timothy’s has written into the contracts of both the Rector and Associate Rector a sabbatical every 7 years. Sabbaticals may last up to one week for every year of service.

Our Associate Rector Leslie Chadwick will be taking a sabbatical during the Easter season (beginning the day after Easter Sunday and returning on Pentecost). Her sabbatical proposal, which has been approved by Brad and the Vestry, is below.

Claiming Intentional Leadership, Inside and Out, April 1-May 18, Sept. 9-16

Claiming Intentional Leadership was the title for the 2013 Vestry Retreat at St. Timothy’s. I have chosen that title as the focus for my sabbatical to connect time away from St. Timothy’s to our life in the church and to our work as leaders of the church. “Inside and Out” means that intentional leadership in the church begins with being a good leader of oneself, physically, mentally, emotionally, and spiritually. Sabbatical is a time for learning and study, and also for rest and renewal. I have chosen three goals for this sabbatical and linked them to the ordination vows for a priest.

1. Persevere in Prayer: “Nourish Christ’s people from the riches of his grace.”

- Use sabbatical time to return to centering prayer-being still and silent each week.
- Continue practices that sustain me in ministry: journaling (daily reflections, dream journal, thanksgivings, intercessions), reflecting and meditating on Scripture, walking in creation, and Compline.
- Attend Complimentary Clergy Retreat at Roslyn Conference Center (April 1-3)
- Worship in different spaces: National Cathedral on April 21 – Presiding Bishop’s visit; Shrine Mont at the Bishop’s Spring Conference, May 6-8; and weekly worship with my children either at St. Tim’s or at other local parishes
- Attend CREDO, a clergy wellness program examining four significant areas—spiritual, vocational, health, and financial.

2. Strengthen Preaching: “You are to preach...[and] be diligent in the reading and study of Holy Scriptures.”

- Preaching is the most public vehicle for clergy leadership.
- Meditate in daily prayer on Scrip-

ture for upcoming sermons

- Work with Professor Ruthanna Hooke at Virginia Theological Seminary on taking more creative risks in preaching and building confidence through her course “Biblical Storytelling” on Wednesdays from 2-5 PM, April 3-May 8.
- 3. Study Best Leadership Practices: “Seek the knowledge of such things as may make you a stronger and more able minister of Christ.”
- Compile a reading list (prioritized and realistic) from the Alban Institute, Shalem, and leadership coaches Cary Kelly and Jean Shepherd.
- Meet with a leadership coach once or twice to process reading and apply learning to St. Timothy’s (areas of interest: administrative systems, management of staff and volunteers/personnel, and/or empowering leaders in the church)
- Attend Shalem Conference: Empowering Leadership III: Conflict and Creativity, April 19, 2013

Should you have any questions about Leslie Chadwick’s plans, please contact her at leslic@st-timothy.org



American Red Cross

St. Timothy's Episcopal Church
432 Van Buren St., Herndon
Henry Hall

BLOOD DRIVE

Sunday February 24, 2013

8:00am-2:00pm

For your convenience we are offering the ability to schedule your appointment online by clicking [here](#).

Or you may call **1-800-Red Cross**

Need a reason to donate blood? Watch these inspiring videos from grateful Blood Recipients: <http://www.redcrossblood.org/-blood/blood-donor-community/recipient-stories>

For eligibility questions, please call Donor Services at 1-866-236-3276

Questions? Contact

Keith Nelsen Stroud at 703-437-3790 keith@saint-timothys.org

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Stormo, who have committed to supporting the people of Pine Ridge with donations of clothing, quilts and more.

Even without a lot of visitors, the center was bustling with the excitement for Thanksgiving and Christmas celebrations! It was a wonderful two months here at the PRRC as we celebrated the birth of Christ with our friends at St. John's Episcopal Church, Pine Ridge Presbyterian Church, Makasan Presbyterian Church and the residents of Cohen Home. We look forward to what the spring holds for the community here!



Visiting Pine Ridge: A Medical Student's Perspective

PRRC hosted a group of medical students in October and we're thankful for this reflection from Ben Jensen:

I recently had the pleasure to visit Pine Ridge with eleven of my classmates. We are all part of the University of South Dakota Sanford School of Medicine class of 2014. Our visit was part of a cultural week to broaden our horizons and help us develop an understanding of different cultures, particularly the Native American culture.

We arrived on a Tuesday evening, late in October. Though most of us were born and raised in South Dakota, none of us had ever been to Pine Ridge. Our knowledge was essentially limited to what we hear in the hospital and the stories we've heard in the local and national media. Heading west from Sioux Falls, we were not sure what to expect.

When we first got to town, everyone was undeniably anxious as to what our experience would be like. By the time we met Pastor Karen at the Pine Ridge Retreat Center most of our anxiety had abated with her kind and gracious welcome. For any concerns that remained, those were fully abated with locally prepared burritos and apple turnovers.

Our itinerary for the next few days involved several visits to local sites and talks with local elders and community leaders. All of these experiences were valuable in their own way, but I will share two particularly interesting and moving experiences.

On our first night, we were joined by a local teacher and musician, Will. He played his guitar and sang for us with his daughter and grandson. Their music revealed many of the struggles people face growing up on the reservation while integrating Lakota cultural themes. His music was great, but for me it was his discussion afterwards that was particularly interesting. He spoke of the need for change, perhaps by instilling traditional Lakota traditions in the youth. His methods are grassroots, working with students at the local high school. I think I can speak for our entire group in wish-

ing him success and the strength to continue with his hard work.



One of the sites we visited was Wounded Knee. No doubt many of you have visited this site and have taken your own message from your experience there. We had a short presentation to tell us about the history of the site, but most of our time was spent quietly reflecting on our own. For me, I was struck by the history of the site and how that continues to impact the link between Lakota people and white people. I wonder if more people in South Dakota knew the history of the Lakota people, could that improve today's so often strained relationship.

While it is impossible to ignore some of the issues present on Pine Ridge, I can confidently say many of us left with hope for the future. With the work of people like Will, Pastor Karen, Meredith and so many others like them, there is an opportunity for Pine Ridge to grow as an economy and as a community. +

Congregation Q&A

Q. Why we do stop saying “Alleluia” during Lent? Other things in the service seem to change too!

A. Lent is a time for reflection, repentance, and redemption. We are invited to take an honest inventory of how we are living out our call to be Christians. Every year in Lent, the liturgy changes in order move these themes to the forefront of our hearts and minds. From Ash Wednesday through Holy Week we refrain from saying, “Alleluia!” Traditionally, this time of sober preparation is not a time to celebrate. Some churches even ceremonially bury the word, a practice that dates back to at least the 5th century. By not using celebratory words like “alleluia” during Lent, we allow the rejoicing on Easter Sunday to be the paradigm shifting moment of celebration it truly is.

Also during Lent, the altar hangings and vestments change to purple, the color of penitence; we begin the service with the confession, placing that prayer front and center; and our music is simpler and more reflective. This year, for the five Sundays in Lent at 9:30 and 11 am, we will use both the confession and a Eucharistic Prayer from *Enriching our Worship*, an authorized supplement to the Book of Common

Prayer. If you have attended the Healing Eucharist on Wednesdays, these prayers will sound familiar. Here are the words from the confession: “God of all mercy, we confess that we have sinned against you, opposing your will in our lives, we have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf, forgive restore and strengthen us, through our Savior Jesus Christ...” Hearing and saying the words from these prayers on Sundays during this short season of Lent can offer us new perspective on where we have fallen short and on how we are redeemed and strengthened through the abundant grace of God in Christ Jesus. On the days when we are not gathered together as a body, I commend to you the [daily videos for Lent 2013](#) put together by the Episcopal monks at the Society of St. John the Evangelist. Have a blessed Lent!

Submit your questions to the Question Box on the wall in the narthex below the pictures of the bishops.

We must not be creation’s problem

For many of us, each new year is a time for personal renewal with well-intentioned resolutions. In nature, though, renewal happens all the time, but we often might not notice it. Several months ago, for instance, we might have spotted bushels of acorns where oak trees abound. And the autumn before, pine cones were strewn by the score anyplace pines flourish. Unusual? Not at all. It’s nature at work – a fundamental part of God’s wonderful creation in the course of healing itself. It’s called masting, a process in which some trees – oaks and pines are excellent illustrations – at times generate super-abundances of seeds to assure the continuation of their various species.

These seeds provide food for a host of wild creatures – whitetail deer, woodpeckers, squirrels, wild turkeys, field mice, quail and many others.

We humans, too, can eat pine nuts and properly prepared acorns when we face desperate survival situations. In some years, trees mast, producing many more seeds than wildlife will eat. These “surplus” seeds, if left undisturbed on the ground and allowed to germinate, will sprout, take root, become seedlings and then saplings, and grow into full “treehood,” replenishing our forests.

Other examples? Over time, trees, shrubs and flowers reappear after for-

est fires. Clear-cut timber lots come back to provide food and cover for wildlife, eventually growing new trees for future harvesting. Floods, while they can cost lives and cause property damage, often enrich the soil, turning it into productive cropland. So replenishing nature is a basic part of God’s plan for creation. In Genesis, the Bible tells us that God instructed us humans to take dominion over the earth that he so marvelously created for us. To care for it. To protect it and nurture it. Often, that simply means to stay out of nature’s way and permit it to happen. God’s creation – if we but let it – will heal itself over time. As oaks and pines do. Quite naturally! +



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www.saint-timothys.org

The Word is published monthly and emailed to members and friends on the first weekday of each month. It also appears on the website (www.saint-timothys.org). If you wish to receive a copy by mail, please notify Keith Nelson Stroud in the church office (keith@saint-timothys.org). Copies of The Word are also available in the office.

Submission deadline for the next issue: Friday, February 22, 2013

Questions, articles, or ideas, and comments for The Word are always welcome. Send materials via email to wordeditor@saint-timothys.org and put "The Word" in the subject line. Photos are also welcome; please identify key people in photos. Articles or letters may be edited for brevity or appropriateness.

Welcome, New Registered Members

Welcome to those who have joined, been confirmed, or transferred their membership in the past month:

Richard Charles Curley

Paige Elizabeth Williamson

Jay Victor Moravitz

Madeline Rose Moravitz

Michele Betts Moravitz

Victor Francis Moravitz

We have *many* active congregants who have been attending St. Timothy's for many years who are not officially registered members. If you requested a membership transfer prior to 2005, the request might not have been processed. Non-registered members 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 on record, the more delegates we can send to the conventions (thus giving us a stronger vote in Diocese matters). To transfer your membership to St. Tim'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

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Monday-Thursday,

9 a.m. – 5 p.m.

For appointments, please call

703-437-3790

Service Times

Sundays

8:00 a.m.

Eucharist, Rite I

9:30 & 11 a.m.

Eucharist, Rite II

Godly Play, ages 3-8

SPARK+, 3-6th grades

Nursery Care

9:45 am

Journey to Adulthood

Rite 13, 7-12th grades

Wednesday

12:15 P.M.

Eucharist and

Healing Service

Saturday

7:00 P.M.

Latino Prayer Service