



St. Timothy's Episcopal Church

The Spirituality of Lent

Each season of the Church year has its own focus and flavor. In Lent – the forty days before Easter, excluding Sundays – we take a long hard look at ourselves, and at how Jesus suffered and died to save us. According to *An Outline of the Faith* (also known as the Catechism), “From the beginning, human beings have misused their freedom and made wrong choices ... we rebel against God, and we put ourselves in the place of God.”¹ Our rebellion can be quite deliberate, or unintentional. Either way, it “distorts our relationship with God, with other people, and with all creation.”²

Sin is not a popular topic in the Episcopal Church. We joke about being “Catholic light, 33% less guilt.” But the “distortion” in all our relationships – with God, with each other, with creation - is painfully evident. Church attendance continues to drop. Sick religion (hating, killing in the name of one's deity) is all too common. Relational failure is rampant (infidelity, divorce, abuse). And we desecrate the planet that supports us.

Consequently, in the Exhortation in the Book of Common Prayer we are urged to “examine [our] lives and conduct by the rule of God's commandments, that [we] may perceive wherein [we] have offended in what [we] have done or left undone, whether in thought, word, or deed. And acknowledge [our] sins before Almighty God, with full purpose of amendment of life, being ready to make restitution for all injuries and wrongs done by [us] to others; and also being ready to forgive those who have offended [us], in order that [we ourselves] may be forgiven.”³ Honest and thorough self-examination is essential for our spiritual health.

We are offered redemption (“the act of God that sets us free from the power of evil, sin, and death”) in Jesus, the Messiah, the Christ, “So ... we may live in harmony with God, within ourselves, with our neighbors, and with all creation.”⁴ Therefore, throughout the season of Lent, at the very beginning of our worship, we acknowledge our sin, ask for the grace to amend our lives, humbly receive

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Slowing Down

I recently watched a children's video with my son about the “Kingdom of Fast.” In this land, the sun rises fast, people eat fast, they play fast, and the sun sets fast. The princess begins to sob because she doesn't have enough time to play and enjoy her friends. The king and queen wonder, “What can we do?” The royal snail points out, “You're the king and queen—make this place the kingdom of slow.” They take the snail's advice and slow everything down. They eat slowly, walk slowly, and the princess has time to play and enjoy her friends. They all live happily, and slowly, ever after.

This story is a parable for me: the season of Lent invites us to slow down. The word, “Lent” technically means “spring,” but I cannot help associating it with the musical term “lento,” or “slow.” I hear over and over again the message during lent to slow down and remember who the true king is. Whether or not we are able to give up or take on what we intend to do, Lent gives us a chance to reflect. Even in our failures, we learn a great deal about ourselves and how our lives are going. “Why aren't I able to carve out twenty minutes for God? Why can't I give up what I crave most?”

By the end of the month, time almost stops. In Holy Week, we set everything aside to walk step by step the slow, painful way to the cross with Jesus. We remember that, because he died and rose again for us, we are enslaved not to the “kingdom of fast” or to any other kingdom. We belong to the Kingdom of God and can cry with all our hearts in the end, “Alleluia, Alleluia.”

~Rev. Leslie



¹ BCP pages 848 ff

² BCP pages 848 ff

³ BCP pages 316-317

⁴ BCP page 849

Holy Week Services

On March 28th, Palm Sunday, all of our services (8:00 a.m., 9:30 a.m., and 11:00 a.m.) will begin in the parish hall. In addition, we have a service on April 1st, Maundy Thursday, at 7:30 p.m., services on April 2nd, Good Friday, at 12:15 p.m. (Stations of the Cross) and 7:30 p.m. (solemn prayers). Easter Sunday services are 8:00 a.m., 9:30 a.m., and 11:00 a.m., with an Easter egg hunt at 12:30 p.m. Please join us.

The Rev. Lauren Stanley, Missionary



The Rev. Lauren Stanley, missionary to Sudan and Haiti, will preach at all three of our Sunday services on March 14th. Please welcome Lauren back to St. Timothy's.

Voce Chamber Singers

The Voce Chamber Singers will present their Spring concert at St. Timothy's on Sunday March 21st at 3:00 p.m. The concert is titled "A Funny Valentine: An Evening of Song, Poetry, and Good Company" and is a cabaret-style concert about love songs, love's many splendors, and the good company in which one finds love. Enjoy favorites by Richard Rodgers, Lorenz Hart, Johnny Mercer, Cole Porter and Jerome Kern.

Tickets are available in advance by calling 703-277-7772, or emailing VoceVA@hotmail.com. Their website is www.voce.org.



The Spirituality of Lent

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God's absolution, and feast on the Sacramental body and blood of Jesus Christ, so we can "Go in peace to love and serve the Lord."

~Fr. Brad

Lay Eucharistic Ministry Training

We will have a training session for Lay Eucharistic Ministers (new and already trained) on Saturday, March 6th, from 10:00 a.m. to noon in the Sanctuary. If you are interested in this ministry, please speak with Fr. Brad.

Easter Flower Dedications

Easter is almost here and it is time again for flower dedications! This is the perfect opportunity to remember friends and loved ones, or to give thanks for someone or something special in your life.



Please use a flower envelope from the supply located on the table in the Narthex to make your donation to the Easter flower fund, and note your dedication on the envelope. The list of donors and dedications will be included in the Easter bulletin. To be included, your envelope must be received by the office by Wednesday, March 31.

The Altar Guild also requests help to decorate the church on Saturday, April 3 from 9 a.m. to 3 p.m. If you could come by for only a couple of hours, your help would be greatly appreciated. Contact Sandy Wright at 703-716-9094 or quiltdiva730@hotmail.com with any questions.

-Altar Guild

Food Collection For LINK

St. Timothy's is collecting non-perishable food in March to replenish the LINK Food Pantry. In 2009, LINK served over 900 families. Requests for food and support grew monthly throughout the year. Member churches like St. Timothy's sponsor monthly food collections and LINK volunteers deliver the food to clients five days a week. Presently, eighty to ninety families per week receive food. As we begin the third month of 2010 the bounty of the 2009 holiday season has been depleted and once again the pantry shelves are sparse.



St. Timothy's traditionally is very generous in donating food. Your continued generosity is encouraged! Please bring donations to Henry Hall at your convenience any time during March. Look for the grocery cart and labeled containers where food may be dropped off. If you prefer to make a monetary donation please make checks payable to St. Timothy's and note "LINK" in the memo line.



Also, DRIVERS ARE NEEDED TO TAKE FOOD TO LINK. We need people able to transport the gathered food once a week to LINK (located adjacent to Herndon United Methodist Church) AND to properly store and stack the food. If you can help, please email Shon Beury at shonbeury@aol.com for the combination for the LINK lock. Thank you.

To learn more about LINK please visit the website at www.LINKAgainstHunger.org. Or, contact Rob Duchesneau, rob.du@verizon.net or Shon Beury, shonbeury@aol.com. *Putting your faith to work, St. Timothy's Service Ministry.*

Meals and Servers Needed for Hypothermia Shelter — Fridays in March

The North County Hypothermia Shelter has been open to clients since December, and now it is St. Timothy's turn to provide meals and serve dinner on Fridays in March (with the exception of March 19).



As in years past, we are looking for volunteers to provide simple breakfasts, bagged lunches and hot dinners for DELIVERY on March 5, March 12, and March 26. In addition we will need volunteers to set-up, serve and clean-up the dinner meal on those Fridays, as well.

The North County Hypothermia Prevention Program is operated by Reston Interfaith, and is one of three hypothermia prevention sites in Fairfax County that prevents weather-induced illness and loss of life among unsheltered homeless adult men and women. The program is operated from the North County Human Services Bldg., 1850 Cameron Glen Drive in Reston, just ¼ mile from the Embury Rucker Shelter, and will run through March 31, 2010.

Please look in Henry Hall for sign-up sheets and food prep guidelines and meal suggestions. Thank you in advance for volunteering for this important ministry. We are always blessed by many volunteers and your generosity is appreciated!

The Closet Volunteer Schedule

St. Timothy's provides volunteers to the Closet one or two days a month. There are two shifts of two hours 10:00 a.m. to 12:00 noon, and 12:00 noon to 2:00 p.m. St. Timothy's is asked to provide two people for each shift. Volunteers help the paid staff with the running of The Closet.

St. Timothy's has been assigned the following days for March and April:

Tuesday, March 2

Saturday, March 20

Thursday, April 9

Tuesday, April 21

If you would like to volunteer for a shift on one of these dates, call me at 703-318-8292 or send Holly Hartge an email at mhhvirginia@verizon.net. The Closet staff is friendly and happy to train you to assist them. Please consider this worthy organization for your volunteer time – especially if one of your new year's resolutions is to volunteer more in your community.

Half-day Lenten Quiet Day

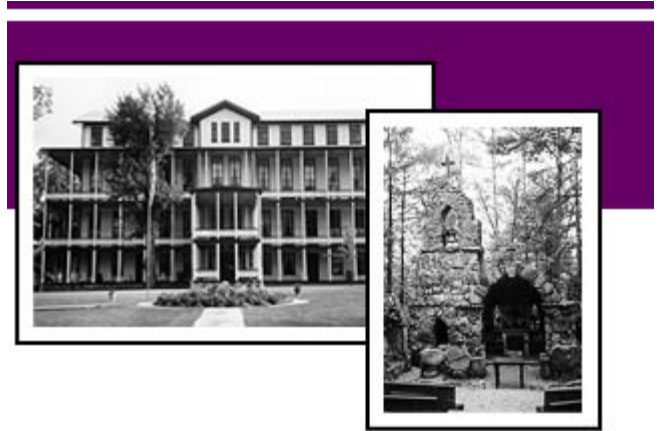
Rev. Kim Seidman, former St. Timothy's seminarian, will host a half-day Lenten Quiet Day on Saturday, March 13 from 9:30 a.m. - 2:30 p.m. Kim will use the Nicene Creed as a guiding focus, providing some faith formation and making our weekly recitation a little richer. We hope you will join us as we share in fellowship with Kim and our St. Tim's family.

- 9:30-10:00: arrival, light breakfast, fellowship
10:00-11:00: first session: Background to the Nicene Creed/God the Father followed by reflection time.
11:00-12:00: second session: God the Son followed by reflection time.
12:00-12:30: lunch (soup and bread)
12:30-1:00: third session: God the Holy Spirit
1:00-2:00: guided prayer activity TBD - probably giving people options, like making an Anglican rosary or praying the stations of the cross.
2:00-2:30: closing Eucharist

Please register for this event by contacting Danny Wechtenhiser at MRVNnK92@aol.com or home phone 703-430-6458.

Adult Lenten Classes: "When God is Silent"

Are you looking for something positive to do during Lent? Join us on Sunday evenings for some information, inspiration and discussion with Father Brad and Seminarian Peter Doddema. We will meet on five Sunday evenings at 7:00 until 8:30 p.m. The first class began February 21, and the last class will be on March 21. People may join the class even if they have not attended the other classes. Look for a sign-up sheet on the Christian Education board in Henry Hall. Refer questions to Carmela Condro, 703-620-1110, ccondro@juno.com



April 16-18, 2010

Saint Timothy's Annual Parish Retreat

Registration is now open for our annual Spring Retreat at Shrine Mont, located in Orkney Springs, VA in the beautiful Shenandoah Mountains. The retreat offers a "place apart," less than two hours from Herndon.

This year's theme will include a program on resilience and faith in a challenging economy, and the many opportunities for stewardship that manifest themselves.

The retreat is a wonderful time of renewal, rest, fun and laughter. Plan now to join us in the spring for this great St. Tim's tradition.

Flyers and registration materials may be found with the Shrine Mont display in Henry Hall.

See you at the Shrine!

Questions?
Call Katie Mazza at 703-421-3979 or
Email: katiemazza@yahoo.com

Lenten Carbon Fast

No, not a "carb" fast, but a carbon fast. The Greater Washington Interfaith Power & Light has come up with a 40-day program with different suggestions for each day of how we can all reduce our carbon footprint and our negative impact on God's Creation. Want a copy of this unique Lenten program? See the Steward of Creation mailbox in the hallway.

Vacation Bible School 2010!

Get ready for a super fun Veggie Tales VBS! "The Pirates Who Don't Do Anything!" is coming to St. Timothy's from July 12-16. Registration forms will be available starting Sunday, April 18. If you have questions, or if you are able to volunteer your time and talents, please contact Liz Griffith, VBS Director, at lizgriffith@yahoo.com, or 702-318-6777.



Make a Statement for Good use of God's Resources -- Earth Hour 2010 is March 27, 2010, 8:30 p.m.



World Wildlife Fund is proud to announce **Earth Hour 2010**, Saturday, March 27, at 8:30 p.m. Many national monuments including Mount Rushmore, the Empire State Building, the Las Vegas Strip, and the Golden Gate Bridge have already pledged to participate: now all we need is for you to participate. Standing nearly **one billion people** strong, we made 2009's Earth Hour the single largest mass action in human history. This year we need you to make it even bigger. We have worked tirelessly to bring government leaders, corporate leaders and corporate leaders to the brink of breakthrough action on climate change in 2010. This is why it's so important we make our voice heard again. Please join millions of people around the world in turning off the lights for Earth Hour to raise awareness and demand action to fight climate change. Grow the movement by sharing this message with your friends and family. Working together, we can overcome one of the greatest challenges facing our planet. Visit our new site at EarthHour.org to access to videos and toolkits to help grow the movement as well as fantastic ideas on how to make Earth Hour a special event in your home, community or business.

A Message from Your Steward of Creation

Food Volunteers Needed

The St. Timothy's Youth Group Food Coordinator is looking for volunteers to bring snacks for the Sunday School and dinner for the Youth Group from now until the end of May.

The Sunday School is a small group and needs only a light snack. Suggested foods are bagels & cream cheese, apples, or some baby carrots with dip, and a drink. (Apple juice or cranberry juice may be nice.) Healthier foods are preferred. The food can be dropped off in the refrigerator in St. Tim's kitchen on the Friday or Saturday prior to the date needed. Please label the food as Sunday School Food.

The dates when food is needed for the Sunday School are as follows:

- | | |
|----------|----------|
| March 7 | April 25 |
| March 14 | May 2 |
| April 11 | May 16 |
| April 18 | May 23 |

The Youth Group is a bigger crowd, about 15-20, and they need dinner. Volunteers usually bring a salad as a side and then a main dish. Food for youth group can be dropped off at the St. Tim's kitchen by 5 p.m. on the day of the meeting. The Youth Group meeting dates are as follows:

- | | |
|----------|----------|
| March 7 | April 25 |
| March 14 | May 2 |

If you have any questions or would like to volunteer to bring food on any of these dates, please contact Chris at basketstr4u@aol.com

Boy Scout Troop 159 News



Just as everybody else did, Troop 159 had to make some changes to their plans in February because of the blizzard. We had to cancel an orienteering trip because there was just too much snow. But we made

the most of the snow by practicing wilderness survival by making an igloo. We also had our Court of Honor, where scouts received their merit badges and rank advancements. If you're a fifth-grade boy or older and interested in scouts, feel free to visit. We always welcome new recruits of any age! We meet on Mondays at 7:00 p.m. in Henry Hall.

Shrove Tuesday Pancake Supper

The Shrove Tuesday Pancake supper was a huge success! The Youth once again provided a fellowship opportunity for the congregation and at the same time raised funds for the Dugannon mission trip. Not to mention we also provided food to the homeless shelter [leftovers from the supper]. We had Henry Hall packed the entire time, and we had every table in the building available (we got some from B-1, the music room, etc.) and put tons of chairs around them. The Youth Group raised a **record-breaking \$1,100** to help fund their summer mission trip to Dungannon. Thank you to all the youth and adults who organized this great social event/fundraiser!



Parish Clean-Up Day!



Are you tired of being cooped up, got Spring fever, need some fresh air, got that urge to clean? Then please join us at St. Tim's Parish Clean-Up Day. In time to celebrate Easter, we are going to be cleaning St. Tim's both inside and outside. Mark your calendar - March 27 from 8:30 a.m. to 12:30 p.m. (rain date will be April 3 from 8:30 a.m. to 12:30 p.m. Sharpen your shovels, rev up your rakes, brighten up your brooms and have some fun and fellowship. Task list, teams, and sign-up sheets will be in Henry Hall. Bring the entire family, neighbors and friends – everyone welcome, no skills required. Lunch will be provided courtesy of the Building and Grounds Ministry. Look forward to seeing you there.

Jill Norcross Honored with 2009 Martin Luther King Jr. Community Service Award.

The 2010 Reston Dr. Martin Luther King Jr. Birthday Celebration Planning Committee chose Jill Norcross to receive an award for individual community service. Each year, a review committee analyzes nominations for the awards submitted by community members. Committee members seek individuals and organizations that exemplify the ideals of Martin Luther King Jr. by making meaningful contributions to the Reston community through leadership, service and education. All winners are chosen based on contributions to the community in support of tolerance and equal opportunities, efforts that reduce poverty and promotion of non-violence and conflict resolution.



“These awards recognize the quiet, daily way the recipients live the values espoused and modeled by Dr. King. Their efforts are a testament to the power of individuals to change the world by making their communities open, generous and accepting of all people and their inherent dignity. In this way our 2009 Community Service awardees continue Dr. Martin Luther King Jr.'s legacy,” said Leila Gordon, RCC Executive Director.

Norcross embodies Dr. King’s ideals of tolerance, equity and the promotion of peace. She has been serving the Reston community in a variety of capacities, including as the Executive Director of the Housing Association of Nonprofit Developers (HAND). This organization was formed in 1991 to bring together the community of housing providers in order to increase the supply of affordable housing in the Baltimore-Washington, D.C.-Richmond corridor. In addition to her professional role with HAND, she is an active volunteer in the community. She recently began her second three-year term as a member of the Reston Interfaith (RI) Board of Directors. She has been an active member of the Program Oversight and Resource Development Committees, as well as chairman of the Affordable Housing/Homeless Prevention Task Force of the Board that serves as a liaison between RI and its affiliate, Reston Interfaith Housing Corporation and is the spokesman for these issues with volunteers/civic groups. She also chaired a Task Force that was in discussions about potential development of affordable housing around transit-oriented development,

such as plans for Wiehle Avenue and Reston Town Center transit stops. Norcross is also an involved volunteer with Buzz Aldrin Elementary PTA and has organized community service opportunities for elementary students to learn about homelessness in the community, for example, an annual walk to raise awareness and funds for the Embury Rucker Shelter. She is a co-leader of her son's Boy Scout troop and has been a youth Sunday school teacher at St. Timothy's for more than five years. She has organized St. Timothy's volunteer efforts for feeding the homeless and providing guest support at the winter hypothermia program.

Excerpted from “Dr. Martin Luther King Jr. Award Recipients Named,” Reston Connection, January 13, 2010

Announcing the Winner of the First Annual Lee-Atkinson Energy Conservation Award

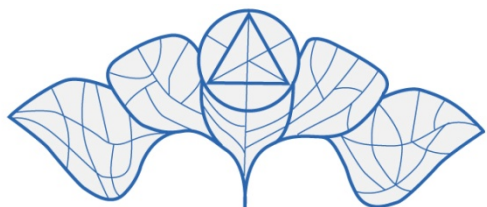
The Diocese of Virginia's Stewardship of Creation Committee created the Lee-Atkinson Energy Conservation Award to recognize and honor those churches within the Diocese who have taken extra steps to conserve God's valuable resources. This first winner was announced at the 215th Annual Diocesan Council – St. Mary's Episcopal Church of Colonial Beach. St. Mary's reduced its energy usage by 28 percent for the calendar year 2009 proving that energy savings are achievable even in the first year of trying! Well done! Now . . . let's consider taking a look at St. Timothy's energy use to see if we might win a future Lee Atkinson Energy Conservation Award!

Craig Dubishar, Steward of Creation

Time for a WAG?

That would be the next Watershed Advisory Group (WAG) meeting for the Sugarland Run and Horsepen Creek areas (likely in your neighborhood). Interested and concerned citizens meet with County officials to discuss how the community can protect and improve the area's watershed. The next meeting is on Tuesday, March 9th, at Room C, Reston Community Center - Lake Anne: 1609 Washington Plaza N # A, Reston, VA 20190, 7 p.m. to 8:45 p.m. Please come!





St. Timothy's Episcopal Church

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www.saint-timothys.org

St. Timothy's newsletter, *The Word*, is published monthly and emailed to members and friends on the first day of each month. It also appears in full color on the website (www.saint-timothys.org) home page under Downloads. 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.

The deadline for submission of material for the next issue is:

Thursday, March 18th, 2010

Questions, articles, or ideas for *The Word* are always welcome as are your comments. You may send materials via email to wordeditor@saint-timothys.org and put *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.

2010 Vestry

Terms expire January 2011

Ms. Hollis Colie

*Liaison to Christian Education,
Youth*

703-787-0272

hollis211@aol.com

Mr. Jim Hendrick

Senior Warden

703-430-4914

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Mr. David Hixon

Liaison to Stewardship

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Ms. Tricia Mussante

Liaison to Finance

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Terms expire January 2012

Ms. Cheryl Brock

Liaison to Worship, Accessibility

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Mr. Patrick Hobson

Liaison to Communications

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Ms. Kathy Lombard

Junior Warden; Ad Hoc Liaison

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Mr. Steve Page

Liaison to Buildings and Grounds

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Terms expire January 2013

Mr. Alain Bashore

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Mr. Rick Wilson

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Registrar

Ms. Jillian Hajdasz

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Church Information

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Parish Administrator

Ms. Keith Nelsen Stroud

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keith@saint-timothys.org

Seminarian

Mr. Peter Doddema

913-660-9422

LDoddema@vts.edu

Seminarian

The Reverend Wisnel Dejardin

Services

Sundays

8:00 a.m. - Holy Eucharist, Rite I

9:30 a.m. - Holy Eucharist, Rite II, Children's Chapel
(nursery care available)

11:00 a.m. - Holy Eucharist, Rite II, Christian Education
(nursery care available)

Wednesdays

12:15 p.m.- Holy Eucharist and Healing Service

Office Hours

Monday - Friday, 9:00 a.m. to 5:00 p.m. (and by appointment).

Clergy are off on Fridays.

Upcoming Events

Mar. 14 - Daylight Saving Time Begins

Mar. 14 - Rev. Lauren Stanley visits St. Timothy's

Mar. 21 - VOCE Spring Concert

Mar. 22 - Vestry Meeting, 7:30 p.m. in B-1

Mar. 28 - Palm Sunday

Apr. 1 - Maunday Thursday; Service at 7:30 p.m.

Apr. 2 - Good Friday; Services at 12:15 p.m. and 7:30 p.m.

Apr. 4 - Easter Sunday; Egg Hunt after 11:00 a.m. service