

# The Word



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

March 2011

## Lent

The season of Lent always begins with Ash Wednesday, exactly forty days (not including Sundays) before Easter Sunday. This year Ash Wednesday is March 9. The forty day term for Lent reminds us of the forty days and nights of rain that produced the great flood, the forty years that the people of the Exodus spent wandering in the wilderness, and the forty days and nights that Jesus spent in the desert tempted by the devil. Lent is, therefore, a time of cleansing, a time of waiting, and a time of spiritual wrestling. With the imposition of an ashen cross upon our foreheads we accept our mortality (“Remember you are dust, and to dust you shall return”), and acknowledge our sinful nature - ancient customs observed by the people of God (2 Samuel 13:19; Esther 4:1; Job 2:8; Daniel 9:3; and Matthew 11:21).

The service of Ash Wednesday includes this solemn invitation “Dear People of God: The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the Church to prepare for them by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the

whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need which all Christians continually have to renew their repentance and faith.”

“I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word. And, to make a right beginning of repentance, and as a mark of our mortal nature, let us now kneel before the Lord, our maker and redeemer.” And we confess our failures.

We have three services on Ash Wednesday – 6:30 am, 12:15 pm, and 7:30 pm – each service includes Holy Communion. You are invited to attend the service that works best with your schedule. Please invite family, friends, neighbors, and co-workers, to attend our services as well. I think you will find Ash Wednesday a memorable spiritual experience. And I pray that your journey through the season of Lent is profoundly renewing.

## Holy Week

The week before Easter Sunday is called Holy Week; it is the most solemn week of the year. The Christian New Year begins four weeks before Christmas; we pre-

pare for the coming of Christ – as an infant and at the end of time “in power and great glory.” During Christmastide we celebrate the birth of Jesus, the Messiah, the Christ. Then in the season of Epiphany we acknowledge God being manifest in Jesus. Lent comes after Epiphany, then Holy Week; Eastertide – our celebration of the Resurrection – comes after Lent and Holy Week. During Eastertide we observe the Ascension. Pentecost is next (the gift of God's Holy Spirit), then Trinity Sunday, and the long season of Pentecost. The Christian year ends on Christ the King Sunday. And we start over again with Advent.

Holy Week begins on Palm Sunday (which is also called The Sunday of the Passion). Our Palm Sunday services (8:00 am, 9:30 am, 11:00 am) start in the parish hall, the palm branches are blessed, and we process into the Sanctuary. We hear the Passion Gospel account of Jesus' last days – his arrest, beating, crucifixion, and death.

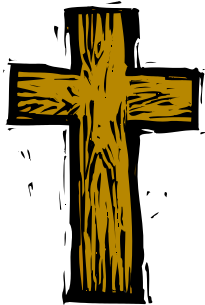
On Maundy Thursday (service at 7:30 pm) we recall Jesus' command to serve others in his name (as he served his disciples by washing their feet). And he has his Last Supper with his disciples, which we understand to be the first Holy Eucharist.

On Good Friday we journey the Via Dolorosa - the way of suffering - with Jesus in our Stations of the Cross service at 12:15 pm. At 7:30 pm we hear the Passion Gospel again, and we pray.

On Holy Saturday our Altar Guild, Flower Guild, and volunteers prepare

the Sanctuary for the celebration of Easter, the Resurrection, Our Easter services are 8:00 am, 9:30 am, and 11:00 am.

Fairfax County school students are on spring break during Holy Week, a lot of people go on vacation, and the rest of us are “in over our heads” with the usual demands and responsibilities of life in Northern Virginia. If you are going to be in town, I urge you to make time for our Holy Week services. Recharge your spiritual batteries. Renew your faith. Reset your focus on Jesus and what he did to show us the love of God. Through the liturgy of Lent, Holy Week, and Easter, rediscover God’s mercy in the redemptive suffering of Jesus Christ, and restore your faith in God’s saving grace in the Resurrection.



### **Sundays in March—St. Timothy’s Volunteers at the Hypothermia Shelter**

St. Timothy’s is scheduled to provide meals and volunteers for the Hypothermia Homeless Shelter, at the North County Human Services Building, 1850 Cameron Glen Drive, in Reston. Each Sunday evening in March, we need to deliver breakfast, lunch, and dinner for 40 clients, as well as serve dinner. A sign-up sheet can be found in Henry Hall. We really need your help to meet our obligation to serve those in need in our community.

Food preparation guidelines, menu suggestions, and full volunteer posi-

tion descriptions are available. Many in our congregation volunteered at the shelter the past four years and can let you know exactly what to expect. Preparing meals for our homeless neighbors is a wonderful activity to do with your St. Tim’s ministry, family, or friends. Children especially take pride in preparing bagged lunches and simple breakfasts. Serving dinner at the shelter on Sunday evenings is an amazing opportunity to put a face on homelessness and we think you will be surprised who you meet. Most shelter clients are employed and have found themselves in an unimaginable situation due to the economy and high cost of housing in our region. We are starting to see families in the Hypothermia Shelter for the first time ever. Times are hard for our neighbors in need.

THANK YOU in advance for your caring and compassion, and for ensuring the success of the 2010/2011 North County Hypothermia Prevention Program. So many men, women, and children in our community will receive shelter and a warm meal as a result of your time and efforts. Please contact Jill Norcross at [jillnorcross@verizon.net](mailto:jillnorcross@verizon.net) or 703-435-7216 with any questions. Thank you. The Service Ministry ... putting your faith to work.

### **Saint Timothy’s Annual Parish Retreat**

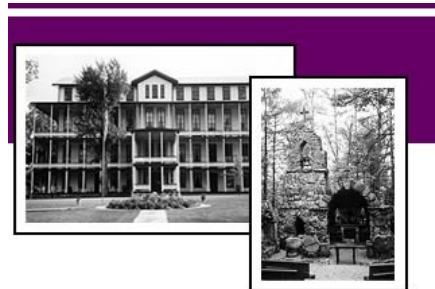
Mark your calendars now for April 1-3, 2011 for our annual Spring Retreat at Shrine Mont, located in Orkney Springs, VA in the beautiful Shenandoah Mountains. This year’s theme will focus on an alternative approach to mission: “Mission... The ‘Do Be’ Model – Informed by Native American Spirituality”.

This 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. Registration materials and additional information are available near the Shrine Mont display in Henry Hall.

Questions? Call Katie Mazza at 703-421-3979 or email: [katiemazza@yahoo.com](mailto:katiemazza@yahoo.com)

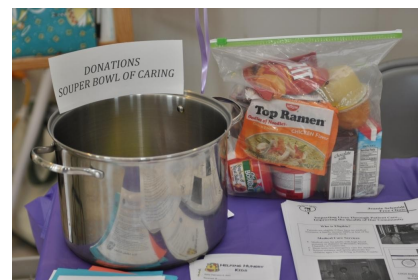
### **Thanks to a Souper Group!**

The Service Ministry is pleased to



announce that through your generosity on Souper Bowl Sunday, we raised \$1200 in cash and food for Helping Hungry Kids! That means HHK will be able to provide 2 weeks worth of packages to 100 kids in need. Thank you for your donations and thanks to the all the St. Tims kids who held up the soup pots during Ministry Sunday.

*The Service Ministry...putting your faith to work.*





## MS Capital Challenge

### Walk

The Multiple Sclerosis National Capital Challenge Walk is **September 24 & 25, 2011**. **St. Tim's STRIDES for MS**, group of almost 20 church members and friends who have come together to take the challenge, is taking part once again. In 2010, we participated in the Challenge Walk and the team raised over of \$3,000. We are starting early again this year; our goal is to raise a good amount for this cause. We need to raise \$1,500 for each person who will walk the 2 day, 50 kilometers course with a minimum of \$6,000 for a team. The money is used to fund research, to facilitate professional education and to provide programs and services to help people with MS and their families move their lives forward. We are very excited about this undertaking and hope for support and encouragement from our friends and families.

Please consider volunteering to help out any way you can. Contact us with any ideas you have on how we can meet our goals. The positions available on the team are walker, crew member, and volunteer. You can check out our team website for updates and upcoming events by using the below link or by going to [www.msandyou.org](http://www.msandyou.org), look for the Challenge Walk, choose Team Information, and find our team name. [http://main.nationalmssociety.org/site/TR/Challenge/DCWChallengeWalkEvents?team\\_id=222248&pg=team&fr\\_id](http://main.nationalmssociety.org/site/TR/Challenge/DCWChallengeWalkEvents?team_id=222248&pg=team&fr_id)

[=16101](mailto:16101) . We will also have updates in the weekly bulletin. Contact Chris Brock at [Christopher.brock2@verizon.net](mailto:Christopher.brock2@verizon.net) or 703.437.3968, or Hollis Colie at [hollis211@aol.com](mailto:hollis211@aol.com) or 703.499.7936 with any questions.

## Dungannon Youth Mission Trip

It is hard to believe, but it is time to think about this year's trip to Dungannon. We will be leaving on the July 30 and returning on August 6. We will be posting the forms for this year's trip on the website. See the contact information below if you need more information or have questions.

We have our first fundraiser, the Shrove Tuesday pancake supper on March 8th, and I hope you will show your support of this event as you have done in the past. I would like to thank Rick Wilson for agreeing to coordinate this event again this year as well as all the other volunteers who make it such a great success.

Please check the weekly bulletin and The Word for upcoming events relating to this trip.

## ECW RETREAT

All women of St. Timothy's are invited to celebrate the coming of spring at our annual women's retreat on Saturday, March 26. We will meet at Emmanuel Episcopal Church in beautiful Middleburg, Virginia, from 9 a.m. to 3:30 p.m. We are pleased to have Peter and Nicole Doddema lead us in a day of discussion and reflection.

The cost is \$25 which can be left by check (written to St. Timothy's with "ECW retreat" on the memo line) or by cash (in an envelope with your name) in Sandy Wrights' church mailbox. Donations for breakfast and lunch foods would be greatly appreciated. There are attendance and food contributions sign-up sheets in Henry Hall on the ECW easel. If all the food slots are filled, just double up on an item, or be creative with your own suggestion, and sign your name. Direct questions to Carmela Condro at 703-620-1110 or [ccondro@verizon.net](mailto:ccondro@verizon.net) or Jean Lammers at 703-860-2112 or [jean@lammershealth.com](mailto:jean@lammershealth.com)

## Food Table Ministry

The Food Table Ministry is a recently formed ministry at St. Timothy's, created to address a growing need in our parish. Many hungry visitors come in to the church during the week in need of assistance. As their numbers have grown, the clergy and parish administrator have identified a need for volunteer assistance in directing these guests to the food pantry in the kitchen for an immediate hot meal, handing out grocery store gift cards, or distributing bus tokens.

The days and times volunteer assistance is most needed are Tuesdays and Thursdays between the hours of 10am and 2pm, although it would also be welcomed at any other time. Volunteers who speak Spanish would be an extra help, but the ability to speak Spanish is in no way a requirement. All volunteers will be warmly welcomed and appreciated. Suggested "shifts" are 10:00am-12:00pm and 12:00pm-2:00pm;

however, a shift of less than 2 hours will also be gratefully accepted. All volunteering for this ministry will be welcomed.

If we get enough volunteers, we are also hoping to schedule volunteer pairs for each shift, to assist each other with tasks as well as keep each other company when there are no visitors. Perhaps you already know of someone you'd like to pair up with!

Since these volunteers will be located at a table (hence, the name of the ministry) just outside the church office, a few other tasks may be asked of them in addition to assisting the hungry visitors, such as signing for packages delivered and directing other visitors.

If you are interested in helping out with this ministry, please contact Katie Mazza for more information at [katiemazza@yahoo.com](mailto:katiemazza@yahoo.com) or (703) 421-3979.

**Helpful Links**

[www.awidercircle.org](http://www.awidercircle.org),

[www.vafreeclinics.org/virginia-free-clinics.asp](http://www.vafreeclinics.org/virginia-free-clinics.asp)

[www.jsfreeclinic.org](http://www.jsfreeclinic.org)

[www.restoninterfaith.org](http://www.restoninterfaith.org)

[www.thediocese.net/Events/eventView.asp?EventID=83](http://www.thediocese.net/Events/eventView.asp?EventID=83)

<http://leaderresources.org/j2a>

<http://www.stephenministries.org/>

### **Legacy Circle Presentation**

The Endowment Committee presented a "Legacy Circle" plaque to St. Timothy's on February 13th. The plaque will soon be hung in the Narthex to acknowledge the generous people who have given to the fund.

St Timothy's Endowment Fund was established in 2000 and is a permanent fund donated to the church. The capital investment is not intended to be spent; however, the annual interest can be distributed to the Vestry and the money spent for Church use.

Please note that the Endowment Committee is hosting a financial planning seminar on Sunday evening, May 1st. John Kidwell, a member of St. Tim's, and a professional financial planner, will present a seminar on the need to save and ways to protect and grow investments. We hope you can attend. Light refreshments will be provided.

If you would like to learn more about the St. Timothy's Endowment Fund or make a donation please contact Fr. Brad or Rev. Leslie.

### **Vestry/Ministry Leader Meeting - Saturday, March 12**

VoCoSum has scheduled the next semi-annual Vestry Ministry Leader for March 12 in Henry Hall at 8:30 AM. This is an opportunity for Ministry Leaders to share and discuss with Vestry Members topics of mutual interest. If you are interested in submitting a topic for the agenda, please do so ASAP. To allow for proper set-up, please let us know by March 10 if you will be joining us. Agenda topics and RSVP may be sent to Janet Koch at [jankkoch@gmail.com](mailto:jankkoch@gmail.com).

### **Making Lent about**

#### **Caring . . .**

"Lent is an ideal time to reflect on how we can better care for God's creation . . .

<http://www.ecfvp.org/vestrypapers/caring-for-gods-creation/god-is-my-rock/>

<http://www.ecfvp.org/vestrypapers/caring-for-gods-creation/tending-to-the-earth-with-children/>

<http://www.ecfvp.org/vestrypapers/caring-for-gods-creation/the-genesis-covenant-action-for-climate-change/>

"The earth reveals God to us and connects us to the Spirit" -Fletcher Harper

### **Solar Power Communities**

The largest solar powered community in the U.S., with 384 units, completed its first phase and



opened to the public in Santa Fe Springs, California. Named the Villages at Heritage Springs, the 50-acre community is now offering the first 18 single-family homes and 19 town homes for sale. All of the homes feature the latest in solar power and energy-efficient

technology that is expected to reduce homeowners' power bills by up to 60 percent (hmm? Could this extra money be used to fuel (pun intended!) the many fantastic ministries and outreach programs at St. Timothy's??). These homes also incorporate other energy saving features including dual pane low energy windows, high efficiency heating and air conditioning, tankless water heaters, energy efficient lighting and special cool roof tiles. Wouldn't it be great if Northern Virginia became the second largest and latest home community to showcase solar power! Just a thought from St. Timothy's Steward of Creation.

## New Registered Members

The following individuals became registered members of St. Timothy's in 2010 and 2011. Registered members are baptized, confirmed, or received at this church; or they are baptized in another congregation and transfer their membership to St. Timothy's. Membership has its privileges: you can vote in St. Timothy's church elections, be an elected member of St. Timothy's Vestry, or register your child early for St. Timothy's fabulous preschool. A Membership Card has been prepared for each registered member and serves as a keepsake of your membership. The cards are located against the left wall in Henry Hall.

If you would like to become a registered member of St. Timothy's, please complete and return a Membership Transfer Form (available in the church office) or the form can also be accessed at [www.saint-timothys.org](http://www.saint-timothys.org).

### **January 13, 2010**

*Elizabeth Rendel Eames (T)*

*Lukasz Szczech Hall (T)*

### **January 27**

*Mila Rose Coyle (T)*

*Shanna Schwartz Coyle (T)*

### **February 17**

*Kenton Randolph Miller (T)*

*Diane Gronkiewicz Miller (T)*

*Stephanie Diane Miller (T)*

### **March 3**

*Reinhard Koenig (T)*

*Camille Alexandra Koenig (T)*

*Julius Reinhard Koenig (T)*

### **April 10**

*Sam Jee-Hyuk Schulenburg (B)*

*Carlos Alexander Schulenburg (B)*

### **May 5**

*Mary Gretchen Allen Bizzigotti (T)*

*Alexandra Elizabeth Roselle (T)*

*Isabella Sophia Roselle (T)*

*Russell Roselle (T)*

*Vanessa Roselle (T)*

### **May 9**

*Dillon Adam Illgen Dooley (B)*

*Tyler Thomas Alonzo Dooley (B)*

*Vivienne Rosebrook Lamoureux (B)*

### **May 16**

*Alexa Nana Adwoa Gibbs (B)*

*Caleb Michael Carpen (B)*

### **June 6**

*Benjamin Michael James (B)*

*Megan Rane James (B)*

*Brayden Eugene Coleman-Su (B)*

### **June 20**

*Tristan Lee Forren (B)*

*Mariyan Lois Augustine (B)*

### **June 27**

*Jack Thomas Shield (B)*

### **June 30**

*Michael Leslie Phillips (T)*

### **July 21**

*Maximus McDonald Delmar (T)*

*Jackson Francois Delmar (T)*

*Jacqueline Alexandra Delmar (T)*

*Linda Jane Pogue Phillips (T)*

*Dennis Leslie Phillips (T)*

### **August 15**

*Zoey Alexandra Prout (B)*

### **August 18**

*Carl Kimble (T)*

### **September 8**

*Rachel Courtney King (T)*

### **September 26**

*Kaelin Rose Cunningham (B)*

### **September 29**

*Maria Teresa Kingsley (T)*

### **October 31**

*Ainsley Andrew Sedalia (B)*

*Levi Narayan Sedalia (B)*

*NMarco Juan Cuadro (T)*

### **November 3**

*Christine Matthews Cuadro (T)*

### **November 17**

*Janet Penn Harding Muich (T)*

### **November 28**

*Ella Grace Pendleton (B)*

*Charles Thomas Rudolph (B)*

*George T. Muich (T)*

### **December 26**

*Ethan David Kimmel (B)*

*Virginia Abigail Williams (B)*

### **January 2, 2011**

*Sophie Grace Dodd (B)*

### **January 19**

*Elizabeth Ann Woblsen (T)*

### **January 30**

*Kate Elle Rock (B)*

### **February 6**

*Emily Isabel Ayotte (B)*

### **February 9**

*Jeanne Marie Kaboulis (T)*

*Marc Leonard Rigas (T)*

### **February 16**

*Ashley Anabi Menjivar (T)*

*Jeanne Marie Kaboulis (T)*

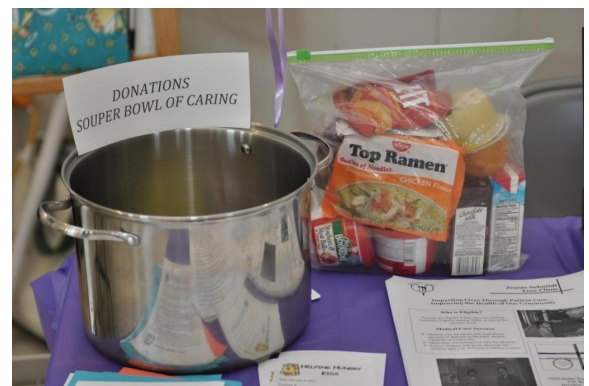
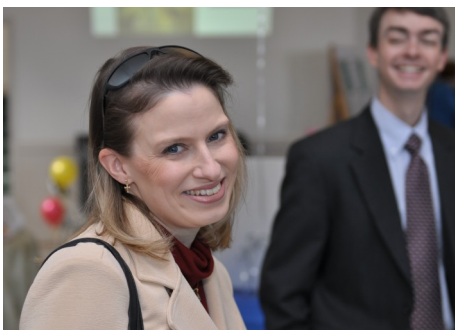
*David John David (T)*

### **February 20**

*Eleanor Phyliss Chadwick (B)*

# A glimpse at our family

## The Ministrys' Fair and Souper Bowl of Caring



Psalm 133:1

*How good and pleasant it is when brothers live together in unity!*

**2011 Vestry**

*Terms expire January 2012*

**Kathy Lombard-Senior Warden,**

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**Patrick Hobson**

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**Beth Lumnitzer**

*Alternate*

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*Registrar*

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**Ms. Allison Dodd**

*Finance*

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**Duncan Hutcheon**

*Stewardship*

703-376-8288

[tanajib35@live.com](mailto:tanajib35@live.com)

**Ted Mankin**

*Junior Warden/ Service*

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[TedMankin@livenation.com](mailto:TedMankin@livenation.com)

**Liz Ward**

*Communications*

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*Term expires 2014*

**Sandy Wright**

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[quiltdiva730@hotmail.com](mailto:quiltdiva730@hotmail.com)

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*Stewardship*

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**Rick Wilson**

*Treasurer*

703-435-1925

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**Donna Cornwell**

*Christian Education*

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[dcornwell@cox.net](mailto:dcornwell@cox.net)

**Services**

Sundays

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

**9:30 a.m.-** Holy Eucharist,  
Rite II

Children's Chapel

Godly Play, ages 3-9

(Nursery Care Available)

**11:00 a.m.-** Holy Eucharist,  
Rite II

Sunday School

Godly Play, ages 3-9

(Nursery Care Available)

Wednesday

12:15 P.M.- Holy Eucharist And  
Healing Service

**Office Hours**

Monday-Friday

9:00 a.m. –5:00 a.m.

For appointments, please call  
703-437-3790



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

**Friday, March 18, 2011**

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](mailto: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.

**Church Information**

*Rector*

**The Reverend Brad Rundlett**

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**The Reverend Wisnel Dejardin**

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**Mr. Peter Doddema**

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*Christian Education*

**Cassandra Riedy**

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**Parish Administrator**

**Keith Nelson Stroud**

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[keith@saint-timothy.org](mailto:keith@saint-timothy.org)

**Our Mission:**

*As people of God, we joyfully worship God, spread the WORD of God's love, treasure all people, and serve others everywhere in the name of Jesus Christ.*

*Therefore, with God's help, We:*

*Open our doors to everyone,  
 open our hearts in worship,  
 open our eyes to the Spirit's gifts and  
 open our arms to embrace God's work.*