



St. Timothy's Episcopal Church

# The WORD

Our 136th Year

for June 2004

Herndon, Virginia



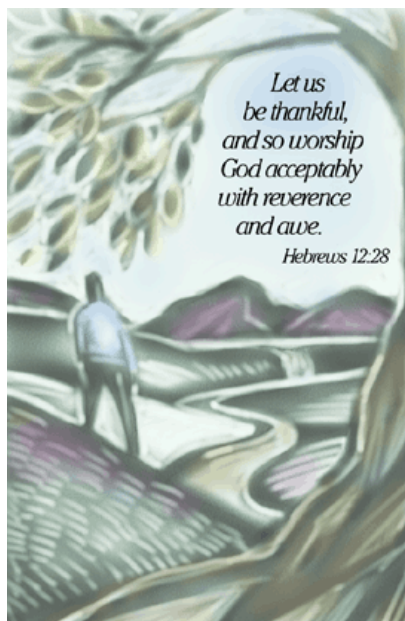
## Our Exciting Role in God's Plan —Fr. Brad

## Christian Education for All Ages —Rev. Kedron

In a recent gathering with local ordained leaders of the Episcopal Church the topic of discussion turned to pastoral alarm for what one person called “widespread anxiety.” Numerous shared anecdotes suggest that many people feel as though the very axis of the earth has shifted, that the whole world is tilting dangerously off balance. Whether the source of our unease be personal problems, fractures in the Church, moral issues in our country, or terrorism and war, there certainly is pervasive apprehension. I feel it every time I read articles about the current crisis in the Episcopal Church, or watch the evening news.

Fortunately I belong to a wonderful community of faith - St. Timothy's. Here I find refuge and sanctuary. Here I am showered with reassuring grace. Here I am drenched in divine love. Here I am drawn into heaven's comforting reassurance. Here I am lifted up. And here I am renewed. Every week as we worship, pray, proclaim our faith, receive the Body and Blood of our Savior, I experience the enveloping love of God, the One who is our strength and our salvation, the One who hears and responds, the One who is present and has dominion over all things. Thus inspired, I am able to go back into the world to “love and serve the Lord.”

I realize I cannot solve the world's problems. The Church cannot solve the world's problems. Only God in Christ and the Holy Spirit can redeem us from sin and death. Our task is to renew our faith regularly in individual and corporate worship, share our faith with others, and serve God's people whenever we can. God will do the rest.



“The pursuit of knowledge is a lofty and rewarding goal, while the pursuit of wisdom a lifelong endeavor. From the minute we open our eyes we begin learning about the wonders of Creation, and our earliest thoughts reflect our hunger to learn our place in it. As Christians we live by the teachings of scripture, and as Episcopalians we follow the traditions of those that came before.”

These words were written to express the Episcopal Church's devotion to Christian education.

One of the wonderful things about the Episcopal Church is its focus on Christian formation for all ages.

We go to school for 8 hours a day to learn science, math and English. Some of us go to technical school, college or graduate school after those first 12 years. And there are even those who decide to write a dissertation! We have all spent a great deal of time learning facts and gaining knowledge in school though I would say we spend most of our lives working with people and looking for the meaning in our lives. We spend most of our lives learning how to get along with others, how to live in community and with our families, how to make the right choices and how to persevere in times of trial. We don't spend enough time in the classroom dealing with these issues.

We here at St. Timothy's value education for all ages, though we don't have an appointed time for it. We run 2 children's Sunday schools where teachers and children have to choose between education and attending worship. There is great strain to recruit two sets of teachers and keep this running. There are also committed adult education teachers and learners that meet at different times throughout the week because we don't have a designated adult education time. And unfortunately your clergy can't participate in the teaching or learning process of our children. And we want to! And our new music director (who ever she or he will be) might like to teach some time. Who knows what God has in store for us there.

The Christian Education committee, made up of dedicated teachers, parents and youth leaders was

See *Educational Hour* page 3

## June 22 Nurturing Parenting Program ...Our Episcopal Church Women Are Hosting

The ECW will be hosting the dinner and nursery for the Nurturing Parenting Program on Tuesday, June 22. The Nurturing Parenting Program which meets here each week is sponsored by Fairfax County to provide families with useful information on parenting. Neighboring churches come in each week to prepare dinner for the participants. Our next turn is on the 22<sup>nd</sup>. We need people to volunteer to provide dinner and child care for this worthwhile cause. A sign up sheet will be in Henry Hall. Please consider helping us out.



### We Wish a Blessed Birthday to All These This Month

6/01	David Hixon Barbara Michels	6/19	Frank Ward Christopher George
6/02	Kim Savage Sarah Hixon Danny Parker Michelle Lerch	6/20	Dianne McGibbon, Megan Marica Brendon Ogden
6/03	Anthony Mazza	6/21	Richard Jenkins Dick Kaufman
6/04	Larry Miller Hilary Warnock		Maggie Ogden Robert Henry
6/05	Marjorie Eyre Will Bate Jr Emma Rouse	6/22	David Saul Matthew Rosser
6/06	Florence Anderson Alyssa Rock	6/23	Linda Phillips Jeff Schoch Bradley Landichho
6/07	Shirley Frye Elaine Nosaka Mel Smith Madison Smith	6/24	Adam Gardner Rachel Allen Rebecca Allen Andrew McCeney
6/08	Jennigfer Ferrer Gregory Griffith		Casie Martin Anna Alperi
6/09	Bob Henry Rebekah Mellick	6/25	Rick Wilson Bevin McGibbon
6/10	Loren Farrar Benjin Dubishar		Ryan Brock
6/11	June Welch Linda Grantham	6/26	Sharon Borosky Siri Compton
6/12	Jake Elsbernd	6/27	Nikke O'Malley Marcie Helms Christina String Jonathan Stanley
6/13	Sally Stanley Ashley Froemming	6/28	Lili Harmon Doug Ferrer Gregory Dussault
6/14	Emily Quay Joseph Mazza Gregory Alperi	6/29	Richard Freeman Jenna Cook Janelle Colie Stephen Colie Sarabeth Martin
6/15	Andrew Horsfield		
6/16	Deke Smith Sarah Wilson		
6/17	Mary Davis		
6/18	Milan Shepherd Linda Cook Michael Barbour		

## Fresh Produce?

—Craig Dubishar

### ...at Your Local Grocery Store: Part I.

It doesn't get any better than a beautiful fresh Red Delicious apple, or red bell pepper. Who doesn't get a watery mouth when biting into luscious red-ripe strawberries? Unfortunately, a recent study indicated that these items were often the produce that consistently had the highest levels of contamination with pesticides. When you're grocery shopping, it's easy to find labels and pick foods that help you reduce cholesterol and saturated fat, or steer clear of artificial colors, flavors and sweeteners. A special guide called *The Shopper's Guide to Pesticides in Produce* lists the 12 popular fresh fruits and vegetables that are consistently the most contaminated with pesticides and those 12 fruits and vegetables that consistently have low levels of pesticides. The guide is available at [www.stonyfield.com](http://www.stonyfield.com). If you are concerned about pesticides in your diet, this handy wallet card can help you choose produce that lowers exposure to pesticides for you and your family.

**Highest in Pesticides:** These 12 popular fresh fruits and vegetables are consistently the most contaminated with pesticides — what to do? Buy organic whenever possible. Apples, Bell Peppers, Celery, Cherries, Grapes (imported), Nectarines, Peaches, Pears, Potatoes, Red Raspberries, Spinach, Strawberries.

**Lowest in Pesticides:** These 12 popular fresh fruits and vegetables consistently have the lowest levels of pesticides: Asparagus, Avocados, Bananas, Broccoli, Cauliflower, Corn (sweet), Kiwi, Mangos, Onions, Papaya, Pineapples, Peas (sweet). Look for Part II of this discussion in next month's *Word*. Want to learn more?

Please contact Craig Dubishar, St. Timothy's Steward of Creation, or visit [www.ewg.org](http://www.ewg.org) (Environmental Working Group).

## THE MISSION OF ST. TIMOTHY'S

adopted 03/09/02

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 will:  
open our doors,  
enhance our worship,  
and increase our involvement  
through all of our ministries.





**St Timothy's**

**Open Grill Nights**

**June 23 — August 18**

*Wednesday Evenings at 6:30  
On the Front Lawn*

*"In the good old summertime, in the good old summertime" ...*

come on down Wednesdays at 6:30 pm, June 23<sup>rd</sup> to August 18<sup>th</sup> for St. Timothy's **Open Grill Nights**. There's good fellowship, good food and a good time for all who attend. Bring something to grill, a side dish to share if you like, and a blanket to sit on. (Lemonade and paper products provided.) We'll make sure the grill is hot and that there's a picnic table, citronella candles, a football and frisbees. Don't let the good old summertime pass by without attending at least one of these fun and relaxing events! Bring your friends and family! Questions? Call Rev. Kedron.

## *We Need Hosts*

### **...for The Open Grill Nights**

We need 3 people or so per Wednesday evening to set up the grill, make lemonade, set up 2 tables, light clean up and in general welcome people. All materials needed provided.

Available dates: June 23, 30 July 7,14,21, 28 August 4,11, 18

Call or e-mail Rev. Kedron to sign up to host one of these fun events!

## *Music Department Notes*

Some people have asked how our search for a new Choir Director/Organist is proceeding. And the answer is "very well!" We have had inquiries from all over the country and even overseas. We never imagined we would receive so many resumes, and from such distances. Our search ministers are reading every resume. We have interviewed four candidates already (and might interview more). And we hope to find the right person soon. Please keep our search in your prayers.

## *Educational Hour*

*from page 1*

charged with creating a new vision of Christian education in this parish. Their finding was that we value Christian education, but that our program lacks the focus it needs. One way to focus our efforts, they suggested, would be to create an intentional time of children, youth, and adult learning.

We are considering building an educational hour into our Sunday mornings. We are discussing the possibility of altering our worship times to 8:00 am Rite I, 9:00 am Rite II, and 11:15 am Rite II. Therefore, allowing a Sunday school hour for all ages from 10:15-11:10 am. There is also discussion around creating a children's chapel at the 9:00am service for those little ones who need to be in another space during the readings and sermon time.

What do you think? We would like your feedback. Please send comments and suggestions to Brad and me at the church. This expanded space gives us some amazing opportunities that deserve exploration. We are doing that. Please do talk with us about this topic and other ways that your church can better meet your needs. Where do you see your church and where do you see God calling us as a community?

Blessings, *Kedron*

## *This is Our Year for Bishops*

*—Fr. Brad*

St. Timothy's will be visited by three Bishops this year. On Sunday, June 27<sup>th</sup>, our Diocesan Bishop, Peter J. Lee, will preach and celebrate at our 11:00 am service. On Sunday, August 8<sup>th</sup>, Bishop Onell Soto (Lily Soto-Harmon's father) will preach at our 11:00 am service. And on All Saints' Sunday, November 7<sup>th</sup>, Bishop Ted Eastman (retired Bishop of Maryland) will Confirm and Receive those who would like to participate in these Sacraments. Confirmation classes for adults and young adults will be offered in the fall.

## *Remember Us While You're Away*

Many of us go on vacation during the summer, or take time out from our usual routines. Consequently we don't see as much of each other in Church from late June through early September. If you are traveling please remember to care for your spirit! Make time for individual and corporate worship. And please don't forget St. Timothy's. Pray for your Church (even as your Church prays for you). And remember that the mission of the Church depends on reliable gifts of time, talent, and treasure — every month of the year - even as your household does.

## *Our Prayer List*

St. Timothy's has a list of people (members and non-members) for whom we regularly pray. If you, or anyone you know, is in need of the Church's prayers, send an e-mail message to the Church office or either one of our clergy and let us know.

# ECW Movie Night

It's Ladies Night Out at the Movies! Join us for a movie and dessert on Friday, June 11th. Sign up on the list on the ECW easel in Henry Hall, we'll contact you with the details (place, time, and movie). Hope to see you then.

# Summer Sunday School

We will be studying **Disciples Then! Disciples Now!** in Summer Sunday School this year. Children of all ages will meet together each Sunday to learn more about Jesus' disciples of yesterday and of today. The summer session will begin on Sunday, June 27<sup>th</sup> and go through Sunday, August 29<sup>th</sup>.

We need teachers to make Summer Sunday School a reality! This is a great time to give our regular Sunday School teachers a well-earned break by volunteering to take one Sunday lesson (we need two teachers for each Sunday). Each week will be planned for you — you only need to follow the lesson guide! Teens are welcome to help, too! Please sign up to take a Sunday on the bulletin board in Henry Hall.



## Fathers and Sons of the Bible

Proverbs 13:1 says,  
"A wise son heeds his father's instruction."

In the puzzle below, find and circle the names of these fathers and their sons from the Old Testament. Names may be forward, backward, diagonal, → ← ↓ ↑ ↘ ↙ up or down. Circle them.

- |      |         |         |          |          |
|------|---------|---------|----------|----------|
| ADAM | JAPHETH | ISHMAEL | JUDAH    | JOSEPH   |
| CAIN | ELKANAH | ISAAC   | LEVI     | MANASSEH |
| ABEL | SAMUEL  | ESAU    | GAD      | EPHRAIM  |
| SETH | AARON   | JACOB   | NAPHTALI | SAUL     |
| NOAH | NADAB   | REUBEN  | SIMEON   | JONATHAN |
| HAM  | HUR     | DAN     | ISSACHAR | DAVID    |
| SHEM | CALEB   | ASHER   | ZEBULUN  | SOLOMON  |
|      | ABRAHAM |         | BENJAMIN |          |

M A N A S S E H E S A U A W  
 I B I D O H S I S S A U L R  
 A E A A L A E O N H E E E D  
 R L C V O O T M I S U H V I  
 H A M I M N H S L M S F I T  
 P H R D O I M S A A R O N T  
 E L K A N A H S T U U D A N  
 C G A D H I O N H J U J D A  
 I S S A C H A R P A H A A H  
 T M R M C C K E A P A C B T  
 O B E N J A M I N H D O E A  
 A I S H M A E L R E U B E N  
 N O E M I S S N O T J L S O  
 C A L E B I T E O H E U K J  
 J O S E P H E N U L U B E Z

# Jump, Jive and Wail!

—Chris & Kate Masters

St. Timothy's Youth Group strutted their stuff at the Hilton Dulles Swing Dance on Friday, May 7. We attended the beginner's class taught by local cool cats Sue and Gary Caley. Their lesson covered the basic triple-time step, a few turns, and a flashy dip.

At 9 PM, we jumped to the music of the Daryl Davis Band. His energetic mix of swing and blues kept us moving all night long. Just take a look at our photos!

One great quality of the swing dance community is their generosity. Throughout the evening, dancers would pause to teach the Youth Group new moves, such as the Charleston or Lindy Hop.

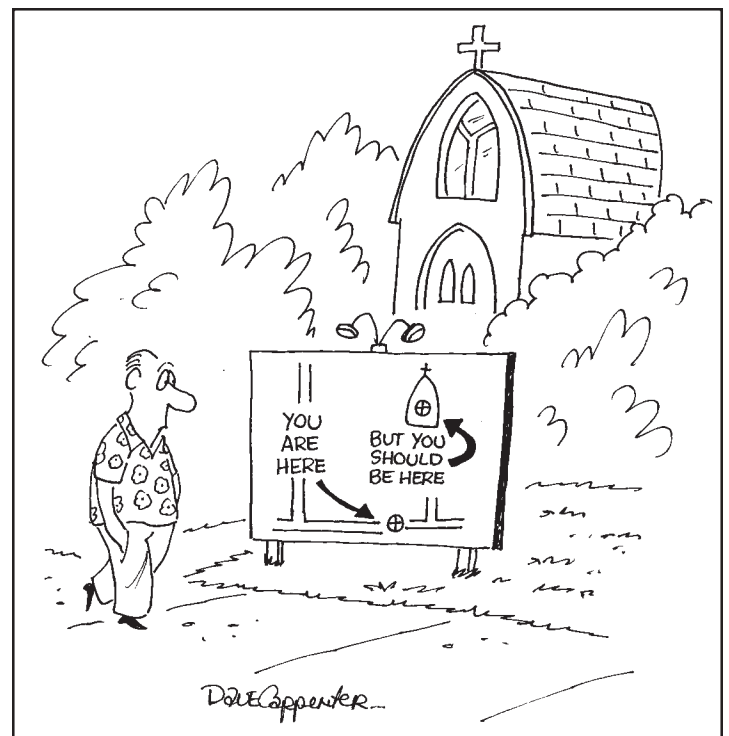
As the Youth Group's younger siblings fell asleep in plastic chairs, the Dance Jam began. Experienced dancers wowed the crowd with a display of their best flips, whips and aerals. When the dance ended at midnight, the Youth Group was clearly in no mood to leave. The evening was judged a success as everyone departed with a flier in hand for the next session of swing dancing lessons.

Special thanks is extended to Tom & Debra at GottaSwing.com for our group discount!

Interested in an adult dance event for singles and couples? Contact Kate and Chris Masters at [kmasters@earthlink.net](mailto:kmasters@earthlink.net) or 703-713-0221.

## Swing Dancing Basics

- § Wear comfortable, slick-soled shoes. In a pinch, cover the soles in duct tape.
- § Wear lightweight, loose-fitting shirts and pants.
- § Find a local dance or class: [www.gottaswing.com](http://www.gottaswing.com)



# Jump, Give and Wail!

## Swinging with the Youth Group



Our swingin' teachers:  
Sue and Gary Caley



Gary Caley cuts a rug with Natalie Dubishar



Bevin McGibbon and Corey Burke



Anne Block and Corey Burke



Tyler Andere surprizes Caitlin Vierra  
with his own signature swing move.



Catching their breath!  
Katie Dean and Samantha Kodama



Bevin McGibbon and Tyler Andere



Robert Harmon shows  
Nina how it's done.



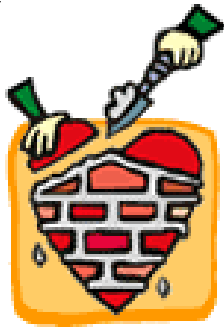
Craig Dubishar and Lili Soto-Harmon

Photography by Kate Masters and Lili Soto-Harmon



July 10-26, Rev. Kedron will be joined by twelve others (non-clergy) from around the globe on a mission trip to Fiji. They will be participating in a project called **Global Village** supported by **Habitat for Humanity**

**International**. While building a house in Fiji, they will travel, live, work, pray, share and eat together with the locals.



The support for her amazing mission is still not complete. With \$1900 in donations from family and friends here and elsewhere, we have **only \$1000** left to raise. Even though we can't go with her, she will be sharing countless experiences from this ministry upon her return. Mission trips have a way of re-shaping our outlooks and expanding our horizons.

Look for the team photos and more information on the display in the narthex, and...

Please send donations to the church with  
**"Habitat Fund" in the for line.**  
**THANK YOU!!!!**

## Suggestion Box



Some of our members say they find our way of distributing Holy Communion at the 9:30 and 11:00 am Sunday services to be complicated and confusing. Why do we

have three people administering the bread, and three people administering the wine? Good question. During the summer we may try serving the Sacraments at the two later services the way we do at our 8:00 am services (i.e., two people each serving bread and wine, starting in the middle and moving outward). Please let your clergy know what you think of this, or any other matter regarding our worship together (email [bradr@saint-timothys.org](mailto:bradr@saint-timothys.org) or [kjarvis@saint-timothys.org](mailto:kjarvis@saint-timothys.org)). Your thoughts and ideas are important to us.

## Let Us Identify Our Gifts

—Fr. Brad

Do you know what your gifts are? The Apostle Paul wrote, "We are given a variety of gifts for the building up of the body." And there are some important things to consider in this. One, "We" are given a variety of gifts. No one person gets all the gifts. God disseminates gifts to everyone. So we must labor together to fulfill God's good wishes for the world. Second, we are given a "variety of gifts." I've got certain gifts, and you've got certain gifts. I can do some things well, and you can do some things well. Among us there are a great variety of skills, knowledge, and abilities, all that is needed. And third, we are given a variety of gifts "for building up the body." God's gifts are for the building up of God's people. We are to use our gifts to lift one another up, encourage, support and elevate each other, help each other to be better and stronger.

When we try to do things for which we are not gifted we experience frustration. On the other hand, when we are using the gifts God has given us we feel fulfillment. In fact, the level of frustration or satisfaction we feel at any given moment, in any given task, is a clue to what gifts we have. The people around can also usually tell, by observation, what our gifts are. If you don't know what gifts you've been given pay attention to how you feel, to what gives you satisfaction and fulfillment. And ask the people with whom you live and work. They can probably tell you. Then try to stick with what you're gifted to do.

## It Will Be an International Event

—Fr. Brad

I recently attended "International night" at my daughter's elementary school. It was a celebration of diversity in the school community. There were samplings of recipes from all over the world. There were displays from many countries – flags, arts and crafts, histories – people at each display to talk with curious wanderers like me. And there were magnificent presentations of music and dance! It was a wonderful evening, a great variety of sights, smells, tastes and textures!! I was entertained and enriched. I learned a lot. I made new friends, and discovered more things about friends and neighbors. I was very glad I attended.



**...before me was a great multitude...  
 from every nation...  
 standing before the throne.**

Revelation 7:9

In the Book of Revelation John describes a vision of heaven with "people from every language, tribe, and

See "Diversity" page 7

## Registration Begins June 6

## August 9 - 13 Vacation Bible School

The theme this year is  
**Davey & Goliath's Camp Creation.**

At Camp Creation, kids celebrate the gospel by learning from Jesus how to care for everything in God's world. Through activities in Cabin Crafts, Discovery Outpost, Snack Shack, Goliath's Games — even Davey's Drama — kids of all ages learn faith lessons that will guide them on a lifetime of adventures!

Ages 2 1/2 (potty trained) through rising 6th Graders are welcome.

Registration is \$10 per child of a teacher or project coordinator (selected from parish members); \$15 per child for parishioners; and \$20 per child for non-parishioners. Registration forms will be available starting Sunday, June 6th in the Vacation Bible School mailslot in the hallway outside the office and at a table in Henry Hall. Return your form in an envelope with your check as soon as possible and mail it to the office or put it in the parish administrator's mail slot in the hallway or in the office.

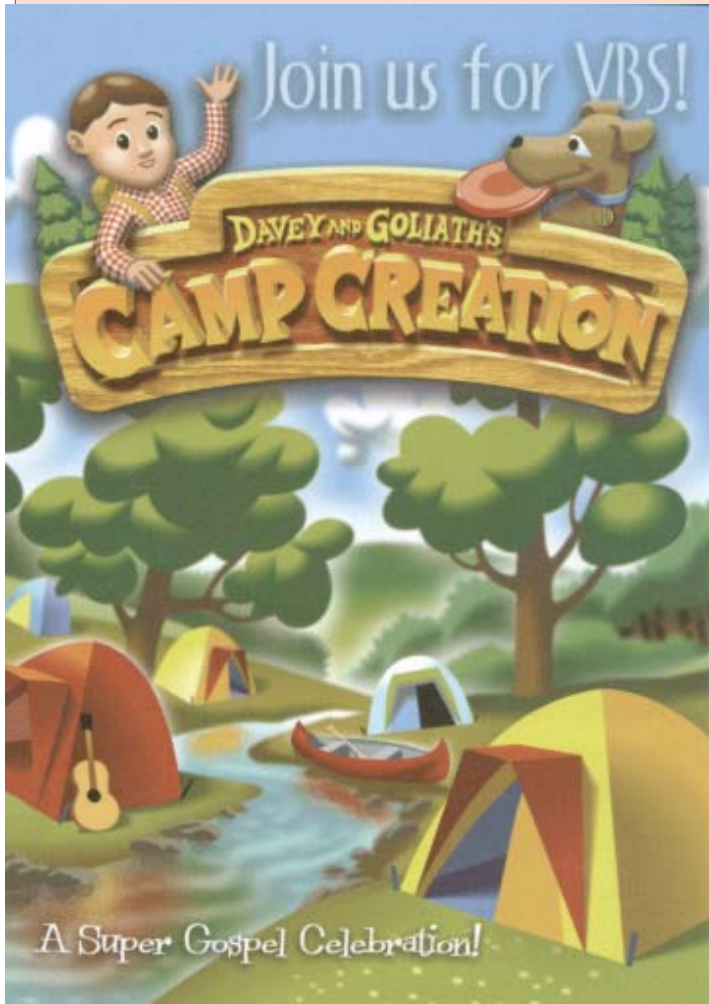
Also, **we need volunteers!** Camp Creation can't happen without YOU, so consider volunteering to help out — we will need teachers and on-site volunteers, but we will also need parents who are members of St. Timothy's who can bring a snack, cut out art supplies and much more. Volunteer applications for church members will be included with the registration forms, or call Marybeth Henry at 703-742-6694 or e-mail Rev. Kedron at [kjarvis@saint-timothys.org](mailto:kjarvis@saint-timothys.org).

### *God, Bless Our Fathers*

One Sunday in 1909, a young woman named Sonora Smart Dodd sat in a pew listening to a sermon honoring mothers. Her mother had died some years before, so her father had raised her by himself. She began to wonder why there wasn't a day to honor fathers.

Sonora decided to arrange for a tribute to be paid to her father at a church in her hometown of Spokane, Washington. The date was June 19, 1910. Many believe that this was the beginning of Father's Day.

Another view is that Dr. Robert Webb, pastor of Central Church, in Fairmont, West Virginia, held a service giving tribute to fathers in 1908. Regardless of which story is the correct one, it is certain that President Calvin Coolidge was the first president to choose a special day to honor fathers. He proclaimed the third Sunday in June as Father's Day in 1924.



### *Diversity* from page 6

nation" standing around the throne of God, celebrating and praising God and Our Savior together. Scripture thus reminds us that the saints come in every color, shape, size, age, and gender. It is important, therefore, that our congregations embrace people like and unlike us. For it is in the wonderful diversity of human life that we catch glimpses of God and of God's kingdom. It is in diverse communities that love and faith grow best and strongest.

Diversity is one of the things I most like about Northern Virginia and Herndon. What a rich place to live! The wonder of God is expressed in the variety of people, foods, languages, beliefs, and cultures of the world. In the midst of people from all over God's world our understanding and appreciation of God grows. We are blessed to live in such a wonderfully diverse community, and to worship in a Church that has begun to embrace John's vision of the kingdom of heaven.



# The WORD

for June 2004

*St. Timothy's Word* is published monthly and mailed to members and friends during the last week of each month. It also appears on the church website under "Announcements" on the day it is ready for mailing. The deadline for submission of material for the July issue is **Tuesday, June 22 at 7am.**

Questions or ideas for *The Word* are always welcome as are your comments! Please put articles, typed or legibly written, in the "Newsletter" slot in the church hallway mailbox preferably accompanied by a disk. You may also send material as an attachment to an e-mail message to: [office@saint-timothys.org](mailto:office@saint-timothys.org). Photos will be used only if everyone in the photo is identified. Articles or letters may be edited for brevity or appropriateness.

See the church website for the monthly calendar through the end of the year.

Weekly Bulletins appear on the website no later than Friday for the coming Sunday.

**St. Timothy's Episcopal Church**  
432 Van Buren Street  
Herndon, Virginia 20170-5199  
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## June Agape Offering Is For Latino Mission

Our special offerings this month will be donated to the ongoing mission of establishing an Episcopal Church in Falls Church for Latinos. The deed for the \$3.5 million complex, formerly Boulevard Baptist Church, was signed by the Diocese on April 1. The Rev. Jesus Reyes is rector. This is the first free-standing Latino church in the Diocese.



S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## 2004 Vestry

Terms expire January 2005:

Ms. Rose Berberich  
*Liaison to Service*  
703-471-4988  
[roseberberich@aol.com](mailto:roseberberich@aol.com)

Mr. Matt Maginniss  
*Liaison to Communications*  
703-481-9203  
[matthew.maginniss@us.ibm.com](mailto:matthew.maginniss@us.ibm.com)

Ms. Tina Pinkard  
**SENIOR WARDEN**  
703-758-2583  
[p12817@erols.com](mailto:p12817@erols.com)

Mr. Rick Wilson  
*Liaison to Finance*  
703-435-1925  
[Rwilson20@aol.com](mailto:Rwilson20@aol.com)

Terms expire January 2006:

Mr. Pat McGibbon  
*Liaison to Stewardship*  
571-434-6891  
[taterchi@aol.com](mailto:taterchi@aol.com)

Mr. Tom McLenigan  
**JUNIOR WARDEN**  
703-758-9104  
[tmmhokie@comcast.net](mailto:tmmhokie@comcast.net)

Mr. Dave Parker  
*Liaison to Buildings & Grounds*  
703-860-1568  
[david.parker@nlrb.gov](mailto:david.parker@nlrb.gov)

Ms. Lidia (Lili) Soto-Harmon  
*Liaison to Education & Youth*  
703-378-4309  
[sotoharmon@aol.com](mailto:sotoharmon@aol.com)

Terms expire January 2007:

Mr. Chris Brock  
*Liaison to Accessibility*  
703-437-3968  
[christopher\\_brock2@verizon.net](mailto:christopher_brock2@verizon.net)

Ms. Shirley Ratliff  
*Liaison to Evangelism*  
703-444-1071  
[SARatliff@earthlink.net](mailto:SARatliff@earthlink.net)

Mr. Bill Sanger  
*Liaison to Hospitality*  
703-860-0378  
[wss@att.net](mailto:wss@att.net)

Mr. Ralph Tildon  
*Liaison to Pastoral Care*  
703-464-9377  
[rtildon@aol.com](mailto:rtildon@aol.com)

### Registrar

Ms. Wendy Budd  
703-476-8856  
[wbudd@ix.netcom.com](mailto:wbudd@ix.netcom.com)

## Church Information

**Rector:** The Reverend Brad Rundlett  
[bradr@saint-timothys.org](mailto:bradr@saint-timothys.org) 703-437-3790 Ext 11

**Associate Rector:** The Reverend Kedron Jarvis  
[kedronj@saint-timothys.org](mailto:kedronj@saint-timothys.org) 703-437-3790 Ext 12

### Regular Services

8:00 am Sunday - Holy Eucharist Rite I  
9:30 am Sunday - Holy Eucharist Rite II  
(nursery care available)  
11:00 am Sunday - Holy Eucharist Rite II  
(nursery care available)  
9:15 and 10:45am Sunday - Sunday School  
12:15pm Wednesday - Holy Eucharist & Healing Service

### Office Hours

Monday-Friday 9am to 3pm (and by appointment)  
Telephone: 703-437-3790  
Facsimile: 703-787-9781

### Web Address:

<http://www.saint-timothys.org>

### Parish Administrator & Newsletter Editor:

Bob McConahy Ext 10

### Administrative Assistant

Regina Mason Ext 13