

## From the Rector: The People of God

by the Rev. Brad Rundlett

St. Timothy's has the distinction of being a healthy and faithful parish. I frequently receive calls, requests for meetings, and pleas for help from other clergy and parish leaders. And it's not uncommon to hear someone say "Wow, I wish my Church was doing what St. Tm's is doing." We aren't perfect, but you do a lot of wonderful things, and you do them quite well.

You understand that the facility, the physical building, is an important tool. We host more than two dozen Recovery groups every week, a twelve week parenting program, a Boy Scout Troop, well trained Stephen Ministers, and we now have six worship services every week, two in Spanish. We help the poorest people in our community, in this state, in this country, and in the Western Hemisphere. We provide supervised practical training for Seminary students. We have excellent Christian education for our younger members, and provide adult education with some of the very best authors, preachers, and teachers available.

And that's just scratching the surface.

Even with all of that I don't believe we're better than other parish families. There's no magic in what we do. And I feel a little embarrassed that someone might think we're more faithful. I tell people we're just doing what we're asked to do, what our Savior commands us to do in the Gospel – love God, and love each other. Our Baptismal Covenant spells that out in greater detail (pages 304-305 in The Book of Common Prayer).

We're trying to be faithful to God and our Savior, using the gifts we've been given by The Holy Spirit. And almost all of the good we do is done by faithful disciples and volunteers. Your Church Staff simply provides the support – the pastoral care, preaching, teaching, and Sacraments that fill you with the grace of God.

Thank you for your faith and devotion. You make the love of God in Jesus Christ real, you build the Kingdom of God; you change the world. And your staff is blessed to be of service to you and the good you do. +

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## Lions and Tigers and Bears ... Oh My! *Debunking the Myths of Music Making*

by **Filippa Duke**  
Music Director

After four years of living in Kansas, I have heard my share of "Wizard of Oz" jokes. I'm often admonished, "Don't blow away!" and told, "There's no place like home!". Despite the zaniness of flying monkeys and skipping down the yellow brick road in the Wizard of Oz, there are quite a few truths in this iconic children's movie that apply to adult music-making.

I have found that, much like the imposing façade of a smoke-filled wizard in a mystical green chamber, people are often intimidated by the idea of joining a choir or musical ensemble. If you are one of those people, I have good news: there really are

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# Revitalized Pastoral Care Ministry Commissioned



We commissioned five new Pastoral Care Teams at our 9:30 a.m. service on June 22. These committed and trained volunteers are ready to use their unique gifts to assist our clergy in responding to the pastoral

needs of our congregation. If you have a pastoral need (e.g., health issues, hospital stay, a need for homebound communion, etc.) please email your need to Jane Perry at [eperry2ster@gmail.com](mailto:eperry2ster@gmail.com). If you do not have email access, you may call the church office and leave your need with the Parish Administrator, Kevin Hamilton, who will notify the a Pastoral Care Team leader. If you would like to volunteer to help with a short-term task this summer (giving a parishioner a ride to church, taking someone a meal, writing a card), you may e-mail Jane. +

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people (just like you) behind that proverbial curtain making the magic of liturgy happen each week! Here are a few of the fears I have heard from people:

**Myth: I'm afraid you're going to make me sing by myself ... in front of everyone.**

Truth: I won't ever make anyone sing by themselves. We are in choir to learn to sing as a unified group, so singing together is our focus! However, if you feel compelled to burst into a joyful solo song, I certainly will not stop you!

**Myth: Choir is boring.**

Truth: Choir is fun! We have a welcome, fun-loving group of people in our adult choir and bell ringing group. We make jokes, laugh, and get some music-making done. We also like to gather to eat, drink, and generally, be merry!

**Myth: Choir takes too much time. I'm too busy.**

Truth: I am an extremely punctual person - we start on time and we end on time. So, your commitment to choir or bell ringing will only be one and a half hours of rehearsal a week. I understand that you are making an offering of your time and talents to St. Timothy's, so I want to be a good steward of that gift. We make music, learn, laugh and are finished by 8:30 pm.

**Myth: Bells are mysterious, complex instruments that take decades to master.**

Truth: Bell are actually simple instruments that can be easily learned. Children can play bells. Your cat might have one around its neck! Playing bells is a fantastic way to

learn to count. I can meet with you one-on-one if you need extra help.

**Myth: There are so many people involved that I won't make a difference.**

Truth: All of our ensembles are in desperate need of more members! We have 2-4 bell spots open that MUST be filled. We need about 10-12 more singers in our adult choir. In short, you WILL make a difference!

**Myth: I don't sing.**

Truth: You might not have never sung in a choir before, but if you can talk, you can sing! And, like all things new, you might be a little apprehensive at first. But, I suggest starting the walk down the yellow brick road this fall- you may not understand everything you see and hear at first, but I can promise you that, like Dorothy, you'll make some new friends and have a fresh perspective on the beautiful liturgy as you start your journey of learning about music!

Consider making one or more of the following groups part of your Fall line-up!

- Children's Choirs: Monday nights, Grades 1-2: 4:00-4:45, Grades 3-5: 5:00-5:45
- Youth Choir: Tuesday nights; 7:00-8:00 pm, Grades 6-12
- Bell Ringers: Wednesday nights; 7:00-8:30 pm, Grades 6 to adult
- St. Timothy's Choir: Thursday nights; 7:00-8:30 pm Grades 6 to adult +



## Baptism & Summer Guest Preachers

On Sunday, June 27, St. Timothy's baptized Caroline Heleniak, daughter of Robert and Emily. Lisa Erdeljon assisted with the service and preached. Fr. Brad has been Lisa's supervisor through her discernment process, and she will be entering Yale Divinity School in the fall. Brad will continue as her Supervisor in the Mid-Atlantic Training program.

Next Sunday, July 6, the Rev. David Schlaffer will return to St. Timothy's as guest preacher. David is an Episcopal priest who has taught philosophy, theology, and homiletics. He is the author and editor of 18 books, including "Surviving the Sermon: A Guide to Preaching for Those Who Have to Listen", and a long-time friend of St. Tim's. +

## After the Storm

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by Jill Cox

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Even in the turmoil of storm and recovery, charity and love has not been forgotten. Sacrifice and donations thrive, despite the stress and loss of comfort.

Pleasures will be simpler, consumption of luxuries, smaller, but the gathering of families will be treasured and remembered in all future years, And the grace and mercy of God will be sought and received, in love and gratitude, from believers and non-believers alike,

As they pursue their dream of peace and happiness in the world, full of God's love and the spread of that love from person to person

Each and every day. +

## Q: What are "Track 1" and "Track 2" readings, and which one are we using?

A. During the long "green" season after Pentecost (note the color of our Altar linens during the summer), there are two "tracks" (or strands) each week in the Revised Common Lectionary (RCL) for Old Testament readings. Within each track, there is a Psalm chosen to accompany that particular lesson.

The RCL allows us to make use of either of these tracks, but once a track has been selected, it should be followed through to the end of the Pentecost season, rather than jumping back and forth between the two.

The first track of Old Testament readings ("Track 1"), which we are currently using, follows major stories and themes read mostly continuously from week to week. Since our readings follow a three year cycle, these themes are explored over the course of the three years. In Year A we begin with Genesis, in Year B we hear some of the great monarch narratives (King David, King Solomon), and in Year C we read from the later prophets.

A second track of readings ("Track 2") follows the Roman Catholic tradition of thematically pairing the Old Testament reading with the Gospel reading, often typologically — where the Old Testament reading is interpreted as a sort of foretelling of Jesus Christ's life and ministry. This second track is almost identical to our previous Book of Common Prayer lectionary.

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

## Blood Drive July 6

St. Timothy's will be hosting a Bloodmobile from the Red Cross for a blood drive on Sunday, July 6 from 8 a.m. - 1:30 p.m. Please consider donating - you may well save a life. You can email Heather at [heather@soliday.com](mailto:heather@soliday.com) to set up an appointment to donate. You can also set up an appointment by calling 1-800-RED-CROSS, or visit [www.redcrossblood.org](http://www.redcrossblood.org) and use sponsor code 05314895 to sign up. You are welcome to come in on the 6th - but an appointment can save you some wait time. There will be cookies and juice! +



## St. Timothy's Episcopal Church

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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](http://www.saint-timothys.org)). If you wish to receive a copy by mail, please notify the church office ([office@saint-timothys.org](mailto:office@saint-timothys.org)). Copies of The Word are also available in the office.

### Submission deadline for the next issue: Friday, July 25, 2014

Questions, articles, or ideas, and comments for The Word are always welcome. Send materials via email to [wordeditor@saint-timothys.org](mailto: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.

## Welcome, New Registered Members

We welcome the following people who have been officially recorded as members during the past month:

*Caroline Massa Heleniak*

*Valerie Virginia Aparicio-Santizo*

We have *many* active congregants who have been attending and donating to St. Timothy's for many years who are not registered members. Our goal is to aid the transfer of all congregants interested in being registered members of St. Timothy's. Non-registered members can participate in all aspects of church worship except serving on the Vestry and participating in elections. However, the more registered members St. Timothy's has recorded 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](mailto:nikki.omalley@gmail.com)) or fill out the Parishioner Information Form: [www.saint-timothys.org/uploads/docs/info-form.pdf](http://www.saint-timothys.org/uploads/docs/info-form.pdf)

## 2014 Vestry

### **Rick Wilson, Treasurer**

703-435-1925

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### **Rose Berberich, Registrar**

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

*Terms expire Jan. 2015*

### **Carolyn Hamm, Sr. Warden**

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### **Keith Pinkard, Open Arms**

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### **Marty Brady, Finance**

703-709-6614

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### **Jeanne Bennett, Worship/Music**

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[bennettj@sec.gov](mailto:bennettj@sec.gov)

*Terms expire 2016*

### **Keith Sinclair, Buildings and Grounds**

703-437-4713

[ksinclair@msn.com](mailto:ksinclair@msn.com)

### **Courtney King, Personnel**

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### **Ugo Nwachukwu, Jr. Warden**

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### **Nikki O'Malley, VoCoSuM**

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*Terms expire 2016*

### **Larry Grantham, Service**

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### **Bob Kimmel, Christian Ed & Youth**

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## Church Information

### *Rector*

**The Rev. Brad Rundlett**

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### *Associate Rector*

**The Rev. Leslie Chadwick**

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### *Director of Children and Youth Ministries*

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### *Music Director & Organist*

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### *Parish Administrator*

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### **Office Hours**

M-Th, 9 a.m. – 6 p.m.

Fri, 9 a.m. – 1 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

4:00 pm

Misa en Espanol

### **Wednesday**

12:15 P.M.

Eucharist and

Healing Service

### **Saturday**

7:00 P.M.

Oracion y Alabanza