



St. Timothy's Episcopal Church

The WORD

Our 136th Year

For August 2005
Herndon, Virginia



Slow Down and Smell the Roses —Fr. Brad

From the Desk of Rev. Kedron

I have been promising myself for years that I will slow down and appreciate all the wonder and beauty around me . . . without much success I must admit, until recently. Thanks to growing older (you know what they say, “It beats the alternative”) I can’t keep the same frenetic pace that I have for most of my life. Yes, I am still driven and compulsive (tell me you’re not). But I am slowing down a little, and I even become still occasionally. And, do you know what? I like it. This summer God has given us some gorgeous sunrises and sunsets, magnificent clouds – with lightning! I planted a long row of day lilies in my back yard about ten years ago and I am finally noticing the blooms - reds, oranges, yellows – they are spectacular! I cut fresh roses from my front yard and bring them indoors so I can enjoy the flower and fragrance for days. There is nothing like the smell of a rose! And, I have a brand new grandson, Austin Michael Tollison, born on June 12th. I get to sit down and hold this precious little life in my arms the way I used to hold my children, and I love it. Even at St. Timothy’s (which is about as busy a place as I’ve ever been!) every once in a while I walk into the Narthex and stare out the bit plate glass windows or step outside for a moment.

Our parish retreat theme last spring was “Sabbath” and I guess some of that stuck. I realize that I don’t want to hurry through what ever time God has given me in this life. I want to notice the beauty, revel in the grace, experience God’s marvelous creation with all my senses – gently and carefully.

Come September I’ll probably be back in high gear, racing from one thing to the next. But, at least for now, I am enjoying this wonderful season of life. As your priest and companion on the journey, I recommend you slow down too. Don’t let precious moments pass by while you’re rushing about or trying to crowd too much into too little time. Savor your life and the lives of those you love.

This is giving me a whole new appreciation for God and the wonderful world god has made. I’m glad to be in it.

Fr. Brad

Rev. Kedron had intended to file an article with this issue about our mission progress in Botswana. We can only guess that she has been unable to access the internet from her location. We wish the missionaries well and a safe trip home. They are due back on July 30.

Vestry Notes:

From Vestry minutes of June 27, 2005

Approved July 25, 2005

- A mid-year review of the finances will be completed after the June books are closed. Giving remains constant.
- The Parochial Report was approved with correction.
- Keith Sinclair and Tom McLenigan will follow up on the return of the escrow from the Town of Herndon.
- Ministries are asked to develop short and long-term goals.
- Each ministry should develop a gift “wish” list that includes unbudgeted one-time items. The list should include the estimated total cost of the item. These lists will be used to develop a gift registry for St. Timothy’s.
- Kedron announced that the Habitat fund had raised almost \$20,000. The group leaves for Botswana on July 14 and returns on July 30.
- Accessibility Ministry has order two Braille Books of Common Prayer.
- Janet Koch reported the Lakota mission trip was a success.

Next Vestry meeting ? August 22, 2005

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Welcome to the Royal School of Church Music in America



The RSCM, founded in 1927, is now the largest organization dedicated to promoting the use of music in Christian worship, with 11,000+ members worldwide. In the words of Sir Sydney Nicholson, founder of the RSCM, "The general policy of the RSCM is to deal with the whole question of Church music on a practical basis. Its aims are essentially constructive. Recognizing the great variety both of what is possible and what is desirable in different Churches, it seeks to find the best in all styles and periods of Church music rather than to impose any one particular type; but it is regarded as a cardinal principle that whatever music is used it should be the best of its kind and should be performed as well as the available material permits." Today the RSCM is recognized worldwide as a non-profit organization of Affiliates and Friends of all denominations who share common objectives to promote the use of music to enrich Christian worship and to provide practical means of achieving the highest possible performance standards in worship.

Please visit the RSCM website: www.rscmamerica.org

From the Music Director —Greetings!

As the summer continues to fly by, September is just around the corner, and with it the start of a new season for the Music Ministry.

We have many exciting opportunities ahead of us and want you to be involved! A display board is now located in Henry Hall detailing our ensembles for the year, rehearsal dates and times, and age requirements. I want to encourage all of you to stop by and see how you can join in making a "joyful noise" with our Music Ministry.

St. Timothy's Youth Choir

Also, this month, I want to highlight what will be happening with one of our newest choirs: St. Timothy's Youth Choir.

This year St. Timothy's has become affiliated with **The Royal School of Church Music in America**, an organization dedicated to "making the best use of music in the service and worship of God". We will be employing the graded program developed by the RSCM to teach our Youth Choir the fundamentals of making music, singing correctly, and belonging to a choir.

This is an excellent opportunity for those ages 8-13 to begin to explore what it means to be a "chorister" in the truest sense of the word. The RSCM training scheme ensures that these fundamentals are taught in a way that is both highly effective and fun, and I want to again emphasize that this is a fantastic way for our youth to become involved in the Music Ministry!

New Piano is Needed

The Music Ministry is asking for the donation of a new piano for the sanctuary. With the growing music program and developing concert series, our need for a newer, more reliable instrument has become apparent. Donations will be accepted directly by the Music Ministry or may be made through the Memorials Committee.

Alleluia Choir Cancelled

The Alleluia Choir will not be meeting this year as previously scheduled.

Thank you all for your continued support!

—Peter



Participants of the Washington Advanced Treble Course and Voice for Life Courses in Washington National Cathedral —July 2004



Our **Fall Music Ministry Rehearsal Schedule** will be as follows:

Tuesdays:

Youth Choir (ages 8-13) 6:00 p.m. – 7:00 p.m.

Family Bells (ages 12+) 7:15 p.m. – 8:15 p.m.

Wednesdays:

Handbell Choir (ages 14+) 7:00 p.m. – 8:00 p.m.

Thursdays:

St. Ambrose Choir (ages 14+) 7:00 p.m. – 9:00 p.m.

Sundays:

St. Cecilia Choir (all ages) 8:30 a.m. – 9:15 a.m.

Alleluia Choir CANCELLED

Stewardship Notes

Please be aware that the Stewardship committee is focusing on reducing the current \$200K line of credit debt prior to refinancing in August 2005. The line of credit is a carryover from the construction and is separate from our mortgage loan. If you would like to support this campaign then please note "Debt Reduction" on your check and your donation will be applied to the principal of the loan. However please do not reduce your general pledge to support this effort. Contact Matt Maginniss if you have questions at matthew.maginniss@us.ibm.com.

You're Invited



Nightwatch - Cathedral Church of St. John the Divine New York City

We are trying to organize a trip to New York City in October for a program called Nightwatch at the Cathedral Church of St. John the Divine, which is described below. All interested Senior High teenagers; and Adults that can chaperone/drive need to sign-up in Henry Hall on the Youth Group board ASAP to determine interest level and whether we have this event. The cost for the tour/program is \$36. The total cost for the trip has yet to be determined. We would stay overnight and sleep in the gym on the floor, no showers will be available. The trip will include walking around downtown New York City. Specific details are still being worked on and will be available soon.

Since 1975, this program for High School youth groups has hosted thousands of people of all ages for one or two exciting nights of fun, discovery and worship at an overnight stay inside the Cathedral. Every weekend from October through May, groups of up to 100 youth and adults attend this weekend experience in the world's largest gothic cathedral.

The standard Nightwatch program includes:

- A chance for youth from different churches and denominations to meet one another in an atmosphere of games and music.
- An opportunity to interact with a representative from one of the Cathedral's social, environmental or arts ministries
- A candlelight meditation utilizing the vast Cathedral space, and a quality worship experience, celebrating the Eucharist at the high altar.
- A daytime tour of the Cathedral, highlighting the story of the Cathedral as well as Christian tradition as it is embodied in the building.

If you are interested and want more information contact Ken Vierra at 703-435-8504 or KenVierra@aol.com.

THE MISSION OF ST. TIMOTHY'S

As people of God

adopted 03/09/02

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.

Letters from Lakota

(A series of letters from the St Timothy's Lakota Team) Days 4, 5, and 6

Wednesday morning, we were installing vents, and continuing with laying the 2x4s for the floor. As always, Larry kept us busy. The morning went quickly, and we went back to the retreat center, cleaned up, and got ready for our afternoon adventures.

Jeanne, Ralph left the site earlier to help Karen Telker of Healing Earth Connection with a tree-planting project. Jackie stayed behind at the retreat center to start dinner.

They planted four varieties of semi-dwarf apple trees, two varieties of pears, and Juneberry bushes, a native fruit bearing shrub of the Northern Great Plains.

Our group reconnected later that afternoon at the center to prepare for the sweat lodge ceremony. We changed into our lodge clothes, gathered our prayer offerings and a towel, and drove to the Bravehearts. We were joined in the small covered lodge by Basil, his wife Charlotte, his two grandsons (who provided the traditional Lakota drumming and singing), the woman who had just completed her vision quest, and another woman seeking healing.

Some members of our group were hesitant about this spiritual and physically challenging adventure, having heard stories about the oppressing heat involved, but we all were committed to the experience. We crawled into the lodge and sat cross-legged in a circle around the stone pit. Basil explained each part of the ceremony, passed out medicinal sage, and described the power Natives attribute to water. As steam filled the small womb-like space, and the hides were placed on the lodge, which obliterated all light, the loud singing and drums reverberated through our minds and bodies. We prayed around the circle, openly sharing our concerns and our joys with Grandfather (God) and with each other. It was a very powerful and cathartic way to pray.

After each round, the flap would be opened and fresh air would fill the lodge. Basil passed around communal water and "waste" (a mixture of dried meat and chokeberries). Then the flap would be closed, water added to the hot stones and the music and steam would once again fill the lodge and our hearts. Since we were first-timers, Basil kept the heat under control, and we all came out much better for having been there. The experience was a very intense and personal one, and one that we will never forget.

After the ceremony we drove back to retreat center in relative silence, reliving the experience in our minds – not characteristic of this group! Soon it was time to prepare for the Wednesday evening children's worship and the cookout that we had planned. The evening worship included a puppet show led by Larry and the older children, which was inspirational as well as entertaining. Larry led the children in a beautiful service, including a

Lakota hymn, with the musical assistance of Ralph on the keyboard, and Scripture readings by the children.

Then Hugh and Ralph manned the grill, cooking the hot dogs and hamburgers, while Jackie, Janet, and Jeanne made sure there was enough fruit salad, chips, and ice cream to go around. We all ate outside on the picnic benches in front of the retreat center. It seemed too soon before it was time for the children to head home. The retreat center was so much quieter with them gone and we missed their laughter. That evening we played card games, sharing with Larry and Linda our experiences of the week.

Thursday was our last workday at the job site and we were anxious to meet all the deadlines that Larry had set for us. There was a lot of hammering as we installed the insulation and the plywood flooring. All in all, we were pleased with our accomplishments and so was Larry. Peter Hill, a teacher at Red Cloud Indian School



and a neighbor of the Bravehearts, stopped by to visit with us. It was good to see him again. Before long we were taking our last photos at the construction site and packing up Larry's pickup truck for the journey home.

Larry was heading to Rapid City for the next few days so we said our good-byes and thanks before he headed off. Linda joined us after lunch for a trip to Red Cloud Indian School to visit the Heritage Center there. They have a wonderful collection of Indian artwork, some of which is for sale. Hugh and Ralph also made the trip to Red Cloud's grave to pay their respects to the Lakota chief.

We were back at the retreat center before long with time for the children. We had a quiet dinner and then visited with Father Ben, the former Episcopal priest at Holy Cross. He is now retired and still lives on the reservation with his wife. He shared with us his perspectives of life on the reservation. Several thoughts that Ben shared continued to spark conversation over the next several days.



Friday was our day to say goodbye to Pine Ridge. We invited Gabby and Delaine to join us at the newest addition to the reservation, a coffeehouse within walking distance of the retreat center. There we shared lattes and breakfast sandwiches with Linda, Gabby, Delaine,



and our new host, Belva Matthews, who graciously opened early for us, since her daughter was graduating at 10:00 that morning. Belva's husband is the pastor at the Gospel

Fellowship Church.

After another delightful meal full of conversation and laughter, it was time for us to say farewell to the retreat center, to Linda, and to Shirley, and to let them know how much we are looking forward to returning next year. We drove through the Badlands, taking in the



magnificence of God's landscape, after a brief shopping stop at the Cedar Lodge museum shop. We did our share of sight-seeing and tourist stops, including

lunch at the famous Wall Drug Store, and an insightful tour of a newly opened museum on Wounded Knee before checking into our hotel in Rapid City.

Saturday, we fly back to Dulles Airport. It has been a busy and eventful trip. We have pictures, in our cameras and in our hearts, which we will keep forever. We will miss our friends on the reservation and keep them in our prayers. Next year, God willing, we will be returning. Won't you consider joining us?



Blessings, St. Timothy's 2005 Lakota Team

Confirmation, Reception and Reaffirmation classes

Do you want to confirm your faith? Are you from another faith background and want to be a member of the Episcopal Church? Would you like to reaffirm the faith that you committed to a long time ago?

If so, these classes are for you!



Classes for youth (age 16 and up) taught by Rev. Kedron and adults taught by Fr. Brad will start the first week of October. Please look for sign up sheets and details coming in a few weeks.

EfM

EDUCATION FOR MINISTRY

What EFM (Education for Ministry) Means to ME

"EFM opened up a wonderful, and life-long, spiritual journey. God speaks to us in many ways and the chance to explore His work with others on their own journey was invaluable. It was through spiritual reflection and the vehicle of "EFM" that I came to identify my own personal conviction of caring for God's Creation. It was also through this process that I became increasingly aware of God's actions in my life---at all levels---the seemingly mundane daily events, as well as larger directions in my life. EFM also instilled in me the desire to continue learning and striving to understand God's role and actions in my life...it is as if God does not want His children to remain passive in their growth as Christians, but ever to move toward a closer communion with His Son. I am extraordinarily thankful for EFM and its ability to enrich my life." (Submitted by Craig Dubishar, EFM Participant from 1991-1995)

Education for Ministry (EFM) is an international program of lay theological education established in 1975. The focus of the program is on life as ministry and on understanding that ministry. Students gather in a small group to worship, study, and reflect. EFM groups have been meeting at St. Timothy's since 1991. A new evening group is forming and will begin this September. If you would like more information or would like to register please contact John Schmitz (730-742-8604, JSch802812@aol.com) or Susy Nixon (703-437-0370, senixon@cox.net).

BLOG, BLOG, BLOG.....

What is a BLOG? This terminology comes from the phrase Web Log - shortened to BLOG. Basically it is a journal or testimony that people write and post on the world wide web.

Communications and Evangelism have aims that run concurrent to each other, which is to reach out and inform people about St. Timothy's. These BLOG's are quite the phenomenon right now with thousands of people posting Blogs and millions reading them world wide. BLOG's are being copied and written up in newspapers, magazines and even made into books!

Not that we here at St. Timothy's want to go that far, I believe that St. Timothy's has stayed current with web technology and posting our events on our web pages. We are looking to see if church members are willing to write their experiences and testimonials and create a St. Timothy's BLOG. What a better way to advertise to prospective new members how our current members have enjoyed events that go on here at the church. Write a few lines or write a few paragraphs. Write about a sermon, a class, Wednesday night barbeque nights. Write about a ministry, write a memory- create history and share it.

If you are interested in seeing the Communications Ministry start a St. Timothy's BLOG just email communications@saint-timothys.org. Please note BLOG in the subject line. Thank you for your valuable input in creating this new venue of communications for St. Timothy's.

Editor's note: Type 'blog episcopal' into Google for a look at how other churches do this. Also you will see how the Episcopal Church USA (ECUSA) is seen by others in the world.

Sexual Abuse Prevention Workshops

Plan now to attend during the Fall, one of The Child Sexual Abuse Prevention workshops sponsored by the Diocese in this area.

The following workshops will be held:

Wednesday, September 28, 6-10pm, at The Falls Church

Saturday, October 1, 9am-1pm at Holy Comforter, Vienna

Wednesday, October 19th, from 6:00 to 10:00 pm, at St. Timothy's, Herndon (in the narthex)

This training is required of all paid staff in any Episcopal facility.

The Herndon Free Clinic Needs Your Help

"How can you help do God's work at the clinic?" I encourage you to volunteer your time, talent, and/or treasure to consider helping the Herndon Free Clinic.

The Clinic is well established here in the community, and is using the facilities at the Herndon Middle School. We have performed over 1,350 physicals for children ages birth to 18 years. The volunteer medical professionals have seen children who have had a variety of medical conditions—some of them dangerous, such as extreme high blood pressure, anemia, and heart problems. Many come with dental problems and some have uncorrected vision. While there were

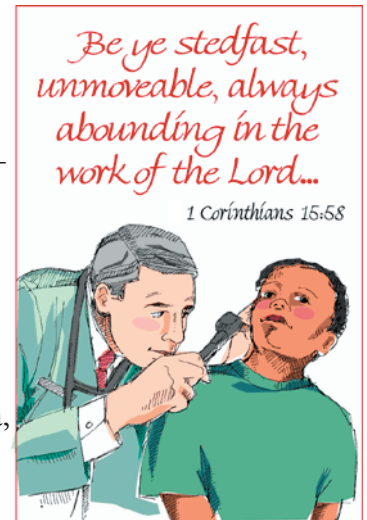
funds, the local Lions Club paid for glasses and a local optician provided free eye exams. With the help of the social workers with whom we partnered, many of these children have now been accepted into health plans for the needy and are seeing doctors routinely. Through the donations of St. Timothy's and others, children have received toothbrushes and toothpaste. We have also helped with school supplies, used books and toys, and hand-knitted scarves, hats and mittens. AND ... as of April 2005, an adult clinic serving hypertensive patients has been started. We are on the road towards becoming a full-service free clinic. But there is a lot of work yet to be done, and it takes a lot of dedicated people.

We need you! Can you give 2-3 hours one Thursday night to help serve our neighbors here in the Herndon area who are very low-income and have no health insurance? Is the work difficult or unfulfilling? Just ask Tricia Mussante, Jeanne Rick, Susan Morabito, Don Vetter, Henrietta Amos, Cheryl Brock, Pat Rhoads, Georgene Kaufman, Sharon Borosky or Jennifer Boysko. These are some of the folks from the St. Timothy's family who have answered the need. Please come join us! To attend an orientation/tour at the clinic, please give me a call at 703-478-0032.

And please consider giving a donation to the **Agape offering during July and August**, which will go directly to help our neighbors in need. Thank you for taking one of the opportunities to continue to do God's work in the world.

Thankfully and faithfully,

Jane Perry, Volunteer Orientation Coordinator



Summer Heat Wave

With our Virginia summers heating up and hitting the 90's routinely, why would you want to read more about global warming? Because its real. And it is causing worldwide consequences. Case in point: Officials at a Swiss ski resort are wrapping the Gurschen glacier with 32,000 square feet of insulating PVC foil. Why? The Gurschen glacier is receding five yards a year and the country's glaciers overall lost nearly a fifth of their surface area in just the last 15 years. Now that's global warming in action. What to do? Become political and let your concerns be known to our politicians. Practice good practices at home (reduce use of gas lawn mowers, don't fuel up during hot days, reduce the use of lawn chemicals that eventually make their way to the bay and our oceans causing additional problems). Buy a hybrid vehicle. Support solar and wind power. We owe it to our Creator and to future generations to care and preserve Creation. Thanks for all of your efforts.

—Craig Dubishar, Steward of Creation

Editor's note: For more information see:

<http://www.ncdc.noaa.gov/oa/climate/globalwarming.html>

Do You Need to Promote Your Event?

While the Communications Ministry is not meeting during the summer months, we are still very hard at work behind the scenes. If you have an upcoming event you would like us to help you promote please email us at Communications@saint-timothys.org. We will contact you for details and let our church members and the surrounding communities know about your events.



The Shawl Ministry

This new ministry has been formed for the purpose of creating loving warmth for people in turmoil, for people who have reason to celebrate and for people who don't necessarily know that they need a "good, permanent hug!" Are you interested in learning how to knit or crochet? Come join us on Thursdays at 7PM in the Upper Room. Someone will be on hand to help you learn these crafts (we start out small: a scarf for the Angel Tree, and then move on to shawls!). Attendance is not necessary every week – come when you can.

If you know someone who would be comforted by receiving one of our handmade creations, please see Jackie Clattenburg, Janet Dopsovic, Donna McGrath, Susy Nixon, Jeanne Rick, Jean Shepherd, or Florita Tilden or fill out a form located in Henry Hall.



News From Boy Scout Troop 159

We extend our heartfelt sympathies to the families and friends of those Boy Scout leaders who lost their lives this week at the Jamboree at Fort A. P. Hill in Virginia. These men were doing what they enjoyed the most, working to offer our children effective character, citizenship, and personal fitness training.



Scout Oath or Promise

On my honor I will do my best

To do my duty to God and my country and to obey the Scout Law;

To help other people at all times; To keep myself physically strong, mentally awake, and morally straight.

Did You Hear About The Closet?

Overheard conversation.....of a few of our Hallelujah Honeys!

Sister Terry: Oh, Sister Donna you look resplendent for church today!

Sister Donna: Oh my dear, you are too kind, Sister. I just purchased this lovely new frock from The Closet, here in Herndon. I just couldn't resist! I was working there - volunteering just a few hours and I saw this and I just knew it was perfect.

Sister Terry: Well Sister, it is perfect, truly complimentary to you! Now you say you volunteer there at The Closet?

Sister Donna: Oh, yes dear! And it is so rewarding and fun! Just a few hours a month and I get to choose what hours are easiest for me. The people there are truly wonderful and I get to scope out all the new incoming fashions too!

Sister Terry: Oh, that sound like something I could do. What would I have to do?

Sister Donna: Well, they have many jobs you can help with...sorting items, folding, hanging up or putting clothes out on the racks. Everything is so very easy to do and the time just seems to fly when I am there.

Sister Terry: Well I can certainly volunteer a few hours every now and again...where do I sign up?

Sister Donna: Well, St. Timothy's Service Ministry schedules the volunteers here from church you can contact them. I know you just got your new email all set up so why don't you email them and let them know you want to volunteer. They will contact you about when you are available to help.

Sister Terry: Oh, my! That is so easy! Where do I send my email?

Sister Donna: Why just email Service@saint-timothys.org that is all you need.

Sister Terry: Oh, Sister thank you ever so much for telling me about The Closet! I can't wait to help out and maybe I'll be able to find some truly fine outfits to wear to church and our many functions. Shall we go get some tea at the fellowship hour now in Henry Hall?

Sister Donna: It would be a pleasure.



The **WORD**

for August 2005

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 website under "See All Events" beginning the day it is ready for mailing.

The **deadline for submission** of material for the **September** issue is **Monday, August 22 at 9am.**

Questions or ideas for *The Word* are always welcome as are your comments! You may send the material as an attachment to an e-mail message to: **Cclattenburg@saint-timothys.org**. The message subject line must mention *Word*. Photos will be used only if key people in the photo are identified. Articles or letters may be edited for brevity or appropriateness.

See our website for the up-to-the-minute monthly calendar. It's always current and covers several months.

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

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SALES

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Editor's Comments: The dreaded 3 "h's" are here and we already look forward to this Fall. Our Botswana missionaries return on July 30 and the Dunganon missionaries leave on the same day. Keep them in your prayers. With much excitement, we learned of the forming Youth Choir and their affiliation with the Royal School of Church Music in America. Perhaps within several years, St. Timothy's will become a reknown north-ern Virginia center for choral performances.

2005 Vestry

Terms expire January 2006:

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Seminarian: TBA

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)

12:15pm Wednesday - Holy Eucharist & Healing Service

Office Hours

Monday-Friday 9am to 3pm (and by appointment)

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