



St. Timothy's Episcopal Church

# The WORD

Our 136th Year

For September 2005

Herndon, Virginia



## Try To Make Today Better

—Fr. Brad

Practically speaking (daylight savings time and the true date of the autumnal equinox notwithstanding) September marks the end of the summer. Our respite is over; it is back to the usual grind. We experience this in the Church as much as in any other arena. As we return to the more frenetic pace to which we are unfortunately accustomed, I wonder, did you do the things you dreamed of doing this summer? Did you get to relax and refresh yourself? Did you spend more time with the people you love?

Whatever you did, one of the lessons we learn in life is that "there is no going back." We can't change what we did or didn't do in the past, we can only try to make today better. Yesterday is gone, tomorrow is not here; all we have is right now. It is tempting to live looking backwards, longing for the yesterdays which we have glossed with nostalgia. It is also tempting to live life forward, looking ahead for something we dream will magically happen at some future time. But both of these rob us of the present. The abundant life promised to us by our Savior is full life in the present, in this moment.

Living in the present means dealing with what is right now – all the joys, all the sorrows, all the frustrations, all the unfulfilled dreams, all the regrets. Certainly we must reckon with the past and plan for the future. But most of all we must live today, or we will lose it.



We are called to live this day aware of God's love for us, of our need to work and rest. So, spend time with loved ones; listen to them and share with them the things you need to say. Use your unique abilities and experience for the good of others, for the good of God's world. Notice the innumerable blessings that sustain and lift you up. Get some exercise. Eat what you need when you need. Shed tears. Laugh. Love. Pray.

Don't let today be another regret. Live it as the gift it is.

*Jr. Brad*

## Welcome Back!

It's funny to say, "Welcome Back" to church. It is the fall and we are gearing up for a fabulous fall here at St. Tim's. Though the truth is that we never stopped! This summer has been full of mission trips, children learning and singing at Vacation Bible School, cook outs, and much more. If you haven't been around, come and see what exciting things are going on here at your second home.

Our fall kick-off Sunday is Sept. 11. Bring your family and friends and join the fun. The ministries will have displays up, Vestry members will be available to talk about the parish with you and a wonderful cook out on the front lawn awaits you after the 11:00 service. (Sign up in Henry Hall so we know how much food to get!)

Are you interested in knowing more about the Episcopal Church? Do you want to become a member of St. Tim's? Do you want to reaffirm your faith at this point in your life? Are you 16 or older and think you'd like to stand up and profess your faith as an adult? If any of these apply to you then consider signing up for Youth or Adult Confirmation classes. Classes are Sunday nights, begin in October and run through November. The Bishop will visit us on Dec. 4th for the confirmation worship. (see page 5)

As you think about gearing up for the fall, returning to school and church and maybe work, consider what you give to those organizations. Of course the church wants your time and talent and treasure, but what else can you give. I'd like to suggest that you pray for the organizations you are involved in or your kids are involved in. Prayer builds a foundation that cannot be shaken and it connects us to God and the world in a way nothing else can. Through prayer, we invite God to share our joys and burdens, our tests and our celebrations. Consider entering the fall with one more thing on your list: pray for the places you care about and the people who are involved in them.

I look forward to seeing you and pray that you have had a wonderful summer,

*Kedron*

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# From the Music Director — Greetings!



September is here and with it the beginning of our new Music Ministry season. We have many opportunities, some new, some continued from last year, for you to become involved. Please check out our schedule and choir descriptions to see how you can become active in our ministry.

We will begin rehearsals on Tuesday, September 13th, but there is certainly no deadline for joining!



Once again, I want to encourage you all to come to our beginning of the year picnic on Thursday September 8th, at 7:00 p.m.

Also, please take a moment to look at the schedule for our newly developing concert series. We will have our first concert on Saturday, October 22, at 7:00 p.m. with “The Treble Clefs”, a local a capella group, and a dessert reception to follow.

## 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.



Thank you all for your continued support! —Peter

## Choir Rehearsal Schedule

### Tuesdays:

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

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

### Wednesdays:

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

### Thursdays:

St. Ambrose Choir (ages 14+) 7:30 p.m. – 9:00p.m.

### Sundays:

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

## Welcome Our New Seminarian

We welcome our new seminarian, Allen Pruitt, to St. Timothy's. Allen is beginning his second year of training at Virginia Theological Seminary in Alexandria. Allen is from the Diocese of Atlanta, a graduate of Shorter College (history major), and grew up in the Southern Baptist Church.

## Welcome Home Sunday

Sunday, September 11th, is our annual "Welcome Home Sunday." Displays of all our ministries and programs will be on display in the parish hall, and we encourage all our members to invite friends, neighbors, co-workers, who do not have a faith community to come to St. Timothy's.



### *Welcome Home Sunday*

September 11      Only 2 Weeks Away!

## Picnic & Ministry Fair

Walk through Henry Hall during coffee hours and look at the ministries we have here; then sign up for things that interest you.



Come to church dressed for a picnic on the lawn and join us after the 11:00 service.

Bring your best dish to share or just show up. Everyone is welcome. Invite your neighbors, co-workers and friends to our church as we show off the many

things we do for the community, our parishioners and others in the world.

### *Food Donation Thanks*

Thank you to the many members of St. Tim's who helped stock the LINK pantry this summer. We were gratefully overwhelmed by your food donations. As always, the generosity of our congregation shined through. As you may have noticed, we moved the LINK "grocery cart" into Henry Hall where we will continue to collect all food donations. Although it is not our designated month, St. Tim's collects non-perishable, unopened, and unexpired food for LINK throughout the year. Thank you again for your support.

### 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.

# Botswana Habitat Mission



On July 14th, our Associate Rector Kedron Jarvis led eleven of your fellow parishioners on a Habitat for Humanity mission to Botswana, in southern Africa. We arrived

at the village of Letlhakane two days later, and moved into a local hotel, where we took most of our meals. In trying to describe the village, the words impoverished, cluttered and arid come to my mind. On Sunday, July 17th, we began what would be eight consecutive days of work on two houses, (four full days and four half days). We were introduced to the two women



who would eventually occupy these homes. The first was Olie, a single mother of three, who was living nearby in crowded conditions with her extended family. The second was Tracy, a married mother of one, whose husband was a painter. Tracy was living in a one-room mud hut with a thatched roof, with no electricity or running water.

The team was also introduced to two professional builders, Molefhe and O.T., and with their patient guidance and the help of several of Olie and Tracy's friends and family members, we began work at both sites. We mixed concrete, we mixed mortar, we made blocks, and we set the blocks in place. We also poured the concrete floor at Tracey's house, and put the roof on Olie's house, as well as digging a latrine pit for her. The houses were



about a half-mile away from each other, and we usually walked from one to the other. When it was time for us to go, Olie's house was fully constructed, (only needing caulking, glass in the window frames, and the doors



to be hung). Tracey's house was half completed, and we were told it would be finished by Molefhe and O.T. in the very near future. The ribbon cutting ceremony at Olie's house was very emotional, as she said she had never thought it would be possible to own her own house. We presented house warming gifts



to the owners, and new tools to the builders. We also left work clothes, tools, and toys and balls for the children, for later use and distribution by the local Habitat staff.

During our stay

in Letlhakane, we attended worship services at the local Congregational church, and Anglican services at Orapa, a nearby town. We were warmly welcomed at both. We also visited the diamond mine at Orapa and the Khama Rhino Sanctuary. Having accomplished what we set out to do, the team then traveled to Maun and went on a camping safari to the Moremi Wildlife Reserve, where we think we found the "middle of nowhere." Actually, it was very exciting seeing all the wild animals in their natural habitat, including two male lions, who were sleeping just 15 feet away from our safari trucks when we came upon them. They awoke, looked at us, (or smelled us), and just walked away.



The team got along exceedingly well with each other. There were a few sick days for some, but by in large we remained healthy and returned home safely. We ate well, including several meals of goat meat. We found the people of Botswana to be friendly, polite and soft spoken. Aside from the actual construction that was accomplished, we feel we also showed the local people that Christians from far off places care for their well being. We also believe we demonstrated what can be



accomplished though volunteerism, and hope we will inspire others to greater involvement, both in Botswana and here back home.

We thank all our supporters, both financial and moral. Your prayers and well wishes helped get us through this mission. We also give great thanks to God for allowing us to serve, and to be served, and seeing us returned safely to our families and friends. Please feel free to speak to any team member about our experiences, as we all have many stories. The team members are: Kedron Jarvis; Chris Brock; Mike Colie; Chuck, Nancy, Eddie and Tom Gow; B.J. Nash; Jerry and Judy Pasquarello; John Schmitz, and me, Paul Conroy.



## Christianity 101

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) will be taught by Rev. Kedron (kedronj@saint-timothys.org) or by phone 703-437-3790 ext. 12.

Adults will be taught by Fr. Brad (bradr@saint-timothys.org) or by phone 703-437-3790 ext. 11.

Classes will start Sunday, October 2nd and run on concurrent Sunday evenings through November 20th, from 7:00 pm to 8:30 pm,. Please look for sign up sheets and details coming in a few weeks.

## LEM Training

All who are currently serving as Lay Eucharistic Ministers (LEM), or interested in this ministry, must attend one of two (early fall and again in winter) training sessions offered each year. Our next training session will be Saturday, September 17th, from 10:00 am until noon.



## Stephen Ministry

St. Timothy's has a Stephen Ministry program. Some of our members have completely extensive training in pastoral care. If you are experiencing a crisis please let your clergy know so we can support you. And let Fr. Brad know if you would like your own personal Stephen Minister.



## How did you care for Creation this Summer?

With our summer and summer vacations wrapping up, now is a great opportunity to ask "How did I care for God's Creation this summer?" Did you spend some quiet time outdoors just simply appreciating all the beauty around you? Did you take a trip to a special place that allows you to communicate more clearly with God? My family spent a day on a whale watch trip with Deke and Pat Smith in Maine – that certainly counts for getting out to appreciate God's Creation. I spent nearly two weeks backpacking in the Rocky Mountains of northern New Mexico – God's magnificence was all around and in me. Wow! Whatever you did, I hope you had the opportunity to recognize, reflect on, and respect God's Creation this summer. —Craig Dubishar, Steward of Cre-

# 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](mailto:JSch802812@aol.com)) or Susy Nixon (703-437-0370, [senixon@cox.net](mailto:senixon@cox.net)).

# Dungannon Mission Trip 2005

It's impossible to imagine the circumstances surrounding the lives of the people of Dungannon, Virginia and the minimalist conditions in which they must live as part of the poorest county in the state. But even though the situation is so different from ours in Northern Virginia, teenagers and adults from local churches persevere every summer to improve the living conditions for these people as best they can.

St. Timothy's annual youth mission trip has expanded in breadth every year. This summer, the youth groups and chaperones of four Region V churches—St. Timothy's, St. Thomas, St. Anne's, and Holy Cross—spent one week in Dungannon from July 30 through August 6 to repair and rebuild substandard housing for the residents. The 63 participants lived together in a modest building called the Phoenix Center that has been set up by the Dungannon Development Commission to house people working onsite.

Although the trip contains many activities designed for fun, the main focus is the work that is done on the houses / trailers. This year, a substantial number of large projects were undertaken, and both the teens and adults worked tremendously hard to complete as much as possible from Monday through Friday time period. Teenagers were shuffled around daily among several work sites to most efficiently complete the tasks, and several stayed at the Phoenix Center each day to do



returning home to the center even later, truly embodying the altruistic spirit of this mission trip.

The town of Dungannon is minimal compared to Northern Virginia, but that doesn't mean it is without its benefits. For the most part, participants visit the two main attractions, the Dollar General

and Scotty's Market, everyday. At these places everyone buys miniature treats for their "secret buddies," selected at the beginning of the week. All week, secret buddies placed candy and other small items in others' brown bags anonymously, and they revealed themselves to each other at the end of the week. Elsewhere in the town, numerous churches gave the participants a place to attend worship on Sunday morning; the Falls at Little Stoney National Park provided a 24-foot waterfall for a refreshing and "very cold" swim; and soccer fields and basketball courts



offered the perfect places to relieve stress after a day of working. The most fun, of course, comes with the mid-week trip to Kingsport, Tennessee for a night of bowling, eating at Pizza-Hut, and power shopping (15 minutes) at Wal-Mart.



After a day of work, an adequate amount of free time was given to allow for soccer games or trips to the Dollar General, but later in the evenings, an evening program was conducted to help everyone understand the purpose of this trip. In small groups, teens and adults would discuss the theme of the week—"Lord, when did I see you?"—by reading relevant Biblical passages and connecting these to the work offered to the residents of Dungannon. The discussions led to understanding that by offering these services to these people, the participants were offering them to God as well, and that God could be manifest in numerous ways. A Holy Eucharist service, led by The Rev. Brad Rundlett, Thursday evening helped reinforce this idea. At the Holy Eucharist service, many of the participants gave witness, explaining where and when they saw God on the Mission Trip.

St. Timothy's Youth Group sent an unprecedented 29 teens and adults on this year's Mission Trip. Given the success of it, and the willingness of our teens and adults to offer their time and talents to the people of Dungannon, that number should only grow in coming years.



—Grant Johnson



work there. As always, the projects were ambitious, requiring the participants to build wheelchair ramps and decks, remove and install flooring, install doors, spackle and paint, and remove and install bathroom fixtures. From early in the morning until the early evening, everyone worked selflessly, despite the heat, to complete what wasn't thought possible. The truest indication of the dedica-



tion of the participants came on Friday evening, when a group went back to their site in the late hours of the night to finish up work that was left unfinished that day. They worked past midnight,

## 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](mailto:KenVierra@aol.com).

## 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.

## News From Boy Scout Troop 159

Scouts from St. Timothy's troop 159 were on top of the world this summer -- literally. About a dozen scouts spent a week in July earning advancement and merit badges at Camp Ottari, in the Blue Ridge Mountains. At the same time, several states and a few mountain ranges away -- older scouts were on a six-day hike through the rugged mountains and scenic canyons of New Mexico. The trip also included a ride on the longest cable car in the world, and visits to Indian sites.

Troop 159 is welcoming a new scout this month, Spencer Copeland, who has just moved into the area.

We are now planning our adventures for the next year. If you'd like to climb a mountain, or ski down one; or camp alongside a river or canoe on one, contact Scoutmaster Rob Carter at (703) 471-9069.



## New Time!

The Shawl Ministry will be meeting on a different night beginning September 7. Please join us on Wednesdays at 7PM to share the camaraderie and to learn to knit or crochet. So far we have

created over 45 blankets, shawls, hats, ponchos, and teddy bears for members of St. Tim's and their friends. Many of our recipients are not known to us at all. We've been asked by friends to provide something for someone they know. Is there someone you know who would benefit from these gifts? Please see our display in Henry Hall and fill out a form. In the meantime,

"Be warm . . .  
Be well . . .  
Be comforted . . .  
Be loved!"

BLESSED BE!

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.





# The WORD

for September 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](mailto: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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## Good Stewardship of Your Food Dollars

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SALES

Buy Your Food With Our Scrip

Editor's Comments: All of our missionaries have returned from their far reaching projects. This year 46 people were called to go out and do God's work. We enjoyed looking at all their photos and reading of their adventures. Ask any of these people about their trips and what they did. They have some amazing stories and thoughts. Please remember the people affected by hurricane Katrina with your prayers and financial assistance. Enjoy the end of Summer!

## 2005 Vestry

Terms expire January 2006:

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### Registrar

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Music Director: Mr. Peter Waggoner  
peterw@saint-timothys.org 703-437-3790 Ext 16  
Seminarist: 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)  
Telephone: 703-437-3790  
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