



St. Timothy's Episcopal Church

Seek the Kingdom of God First

When September rolls around in this part of the world, things jump back into high gear. That summer vacation you enjoyed (if you were fortunate enough to have one) is a blurred memory. Work (or looking for work), school, boards and committees, the commute, innumerable deadlines and a heap of demands take over our lives. We race around trying to keep up (or catch up) with all of the duties and responsibilities. It's exhausting, but who's got time to be tired? A lot of what we do is important. Some of it is fulfilling. But none of it is life-giving. Only God is. But God gets bumped to the bottom of the list of things that have to get done right now. For most of us, God is an after-thought. When it comes to our time and attention, God gets the leftovers.

But, it doesn't have to be that way. Staying connected to God – to the source of life and love - is simple. All we have to do is pray.

Prayer is conversation with God, talking and listening. It can be as disciplined and structured as The Daily Office in The Book of Common Prayer (Morning Prayer, Noonday Prayer, Evening Prayer, and Compline). Or it can be more casual and spontaneous, checking in with God several times a day, sharing how we feel, what we think, what we're doing, and letting God respond. When you wake up, thank God for your home, for your family and friends, for rest and health, for food, for a new day. Listen to birds singing, crickets chirping; feel the sun on your face and the gentle breeze that caresses your skin. Remember that God is with you and will be with you all day, come what may. Ask God to help you do your best, especially with the people and things that will be the most challenging. Take a break at lunch time, thank God again for work, food, the blessings you have. Commend your work to God, ask for God's help. Remember God's promises. When you are driving around (your car can be your traveling chapel) share the joys and pains of your day, ask God to help you be attentive to the people who are most important to you, leave unfinished business in God's hands. As you lay your head on your pillow, thank God for being with you, for your bed, for sleep. And leave some silence for God to whisper words of love and reassurance as you drift off.

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Here Are God's People

"Here's the church, here's the steeple, open the door, but where are the people?" I learned this rhyme with its hand motions when I was a child. In the first half of the rhyme, you clasp your hands together, raise your pointer fingers, and open your hands to reveal empty palms. For the second half, you link your fingers the opposite way and say, "Here's the church, here's the steeple, open the door, and here are the people!!" This time you open your hands, and instead of empty palms, you see all your fingers representing people dancing happily in the inside of the church. It's fun to know that you can turn things around literally with a flip of your wrists.

This summer I had the privilege of seeing close-up how strong, healthy, and alive the people of St. Timothy's are. The church is thriving both when two or three are gathered in God's name for the weekly healing Eucharist and when the parking lot is packed on a weekday evening for 12-step meetings and ministry gatherings. It's the same with worship. You can experience God's presence in the people gathered there no matter what hour you attend a service. Each congregation within St. Tim's has a unique gift to offer.

At the same time, I feel as if we're only telling a fraction of our story of who we are as a people on Sunday mornings. Our average Sunday attendance has been lower than usual this year and especially this summer during Brad's sabbatical. Nikki O'Malley, our membership volunteer, notes that the average Sunday attendance in July 2008 was 201; in July 2009 it was 148; yearly attendance in the past five years has ranged from the mid 240s to mid 230s; in 2009 we have dipped to 229. We are a busy people pulled in many directions; we have commitments all over the country, and in some cases all over the world, for both work and family. The point of this article is not in any way to add guilt or stress to our already packed lives. But I wonder what it would look like if *most* of us, the people of St. Tim's, were present *most* of the time. I think that it would be surprisingly easy to raise our average to 250 this fall simply by celebrating the gift we have in each other's presence. The Spirit is alive among us in a different way when we gather as an entire parish family. We get a taste

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Meet Keith Nelsen Stroud, Our New Parish Administrator

We are pleased to announce that Ms. Keith Nelsen Stroud will join us in the position of Parish Administrator. A resident of The Plains, she will begin her service here at St. Timothy's in late August.

A graduate of Wilson College with a bachelor's degree in English and Theatre Arts, Keith brings a strong background in non-profit management, as well as experience as a small-business owner.



Equally important, she has been an active lay leader in her own Episcopal church, serving as a Vestry member and Lay Eucharistic Minister, leading stewardship and fellowship ministries, and teaching Sunday School. Keith also has been a leader in the Episcopal Diocese of Virginia, serving as chair of the Diocesan Committee on Stewardship and as Delegate to Council.

It is with great excitement and anticipation that I have accepted Fr. Brad's offer to become Parish Administrator at this wonderfully active and engaged church.

I am a "cradle Episcopalian" and my life has centered around the church from the very beginning. I grew up outside of Philadelphia in Merion and then in Wayne, and attended The Church of St. Asaph in Bala Cynwyd. It was there that I was baptized and confirmed. I moved to Virginia 18 years ago and joined Grace Church in The Plains. I have one son, David, age 15 who is in the 10th grade at Wakefield School in The Plains and lives and breathes skateboarding, video games, guitar and drums.

My greatest joy, other than David of course, is that I can do that which I truly love – work for the church -- on a full time basis.

It is my hope and I believe, my call, to assist you, the parishioners, vestry, staff and clergy to be the people, indeed the stewards, that God intends us to be.

I hope you will stop by and introduce yourself to me.

I am thrilled to be here.

*Blessings,
Keith*

Greetings, St. Timothy's!

Now that two years have passed since my time with you, I thought I should let you know what I've been up to. I've been in Omaha, NE, for about a year now, having come out here to spend a year as a Resurrection House intern. Resurrection House is a program that allows young Episcopalians to spend nine months discerning a call to ordination by working in a parish, volunteering in the community, studying theology, and receiving spiritual direction. It was a great experience, and as it came to an end it felt as though God was calling me to stay in Omaha, looking for work and beginning the formal process in Nebraska. With regard to the former, I am employed as a reader at a press clipping service, which essentially means I'm getting paid to read newspapers and clip articles for clients (including Nebraska universities, hospitals, businesses, and government agencies). For the latter, I am discerning at Church of the Resurrection (the host of the Resurrection House program). If it is God's will, I hope to start seminary by fall of 2011. My experience at St. Tim's came in handy at numerous times this year and I want to again thank you for the joyous time I had and wish you all the best as your fall programs kick into gear. I remain accessible at [johndavidadams85@gmail.com](mailto: johndavidadams85@gmail.com) or, for those inclined to social networking, <http://www.facebook.com/johndavidadams85>.

Peace, joy, and love,
John Adams
Summer Intern, 2007

Seek the Kingdom of God First

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Being with God takes practice, but it is really very simple. And it is life-changing, life-giving. When God is at the center of our lives, rather than the outermost edge, we realize that we are always held in love and grace. And even though life is hectic we experience the peace of God that surpasses all understanding.

We need to maintain our connection to God, the source of life and love. So, talk with God (or Jesus or the Holy Spirit) several times a day. Share your life with the One who gave his life for you.

~ Fr. Brad



St. Timothy's Vacation Bible School 2009

Almost 50 children "hiked" daily to Camp E.D.G.E. July 13-19! Our campers were eager and enthusiastic to learn, create, and participate in our trek to Experience and Discover God Everywhere. Our mission this year was to gather school supplies for local children in need; as you can see from the picture, our kids brought in enough to fill the canoe!



So many people gave to our program in lots of different ways. We are very grateful to Rev. Leslie for leading us on our adventures, teaching us our daily E.D.G.E. pledges and helping us to learn our songs. Lael Lyons was not only a song leader and a pre-K guide; she also gave us a lot of laughs as "Sparks" the fox, teaching us about the letters of the ichthys. Thank you to all of our area leaders, who devoted a tremendous amount of time and talent to our program: Viki Mutarelli (Arts and Crafts), with help from Alison Cook, Jean Lammers, and Natalie Dubishar; Sarah Hobson (Games), with help from Christopher Showalter and Timothy Nixon; Nancy Spinar (Science); Margaret Frost (Music); Maria Lawalt (Snacks), with help from Beverly Barr and JoEllen Mountcastle; and Lydia Gough (Storytelling), with help from Colin Gough and Bonnie Bunting. Thank you so much to our wonderful student guides: Caroline Arlington, Linda Grantham, Carol McLean, Marie Lally, Dori Henson, Shon Beury, Meghan Henry, Meila Grantham, Genevieve Zetlan, Ching Weeden, Ella LaRe, Amy Barrett, Fiona Finnell, and

Yvonne Centala. Thank you to all those who helped in the nursery (Tami Conklin, Colleen Stanley, Marta Miguel, Dominique Hart, and Natalie Dubishar); helped to greet (Tricia Mussante); took pictures (Nicki Dubishar); helped to decorate our "camp" (Linda Kennedy, Kerry Diederich, Melanie Williams, and Julie Edwards); provided guidance and assistance (Marybeth Henry and Carol Frost) - and to those who stepped in to help when it was needed (Benjin Dubishar and many people already mentioned)!

VBS week helped us to learn and grow positively in our relationships with God and each other. Thanks to all of our campers AND volunteers who made this year's VBS such a fulfilling experience!

Liz Griffith and Lydia Gough



Welcome Home Sunday!

Summer is a time for vacation and reflection, an opportunity to disengage from your normal routine and unwind . . . but summer's almost over. What better way to get back in the swing of things than to attend our annual Welcome Home Sunday? On September 13th, the ministries of St. Timothy's, led by Hospitality and Open Arms, will welcome parishioners with special activities and more, following each of the three church services. This is an event you don't want to miss.

Welcome Home Sunday is an opportunity for members of the congregation to reconnect with one another, and to learn about the church and the many ways it



serves our community. It's also a chance for parishioners to find out about the activities and missions of St. Timothy's various ministries. Each of these groups will have a table set up with representatives to chat about activities, outreach programs, and opportunities for you to get involved.

Ministries will be distinguishable by brightly colored tablecloths and balloons, along with creative displays, and tables will be located throughout the church. Some ministries even plan to arrange tables by the outdoor chapel, if the weather permits.

As part of the Welcome Home Sunday festivities, the Christian Education Ministry invites everyone to an "Open House" following the 11:00 a.m. service to view the new "Godly Play" displays that so many of our parishioners have worked so hard to complete. The displays fill an entire classroom and tell the story of the Bible and the good work that we accomplish through the spirit of Jesus Christ.

However, the highlight of any Welcome Home Sunday has to be the picnic, which also follows the 11:00 a.m. service. The Hospitality Ministry will grill hot dogs and beverages, and families are asked to bring salads, casseroles, or desserts to share.

Welcome Home Sunday is a fun and informative way to reengage with your church family, so please join us September 13th. We want to see you there!

Meet Me In the Narthex

The Narthex was once used to describe the vestibule of a basilica in ancient Roman times. We now use the term for our church vestibule or portico entrance. Our Narthex is where Fr. Brad and Rev. Leslie greet us all so warmly every Sunday at every service. It is also where we have our visitors' log, as well as a number of items for folks to take with them.



More recently, some of our Stephen Ministers have also been standing near the cross and the visitors' log as a silent presence of Stephen Ministry. Just in case anyone would like to ask a question about Stephen Ministry, ask what it is, or what it does.

The short answer is that it provides a caring ministry of trained lay people who supplement the caring provided by Fr. Brad and Rev. Leslie. We have both ladies and gentlemen, and the men meet only with men, and the women only with women. It is fully confidential. What's mentioned in Stephen caring stays in Stephen caring. It's also fully non-judgmental. No one in a caring relationship is judged, no matter what.

So why the Narthex? Well, sometimes when folks are leaving the service they share with our priests what is going on in their lives. And often that requires prayers and caring. And as everyone knows Fr. Brad and Rev. Leslie are very good at that (and sooo much more). But as we also know, they are both sooo very busy. And sometimes all that is needed is a good listening ear. That's where the Stephen Ministers step in. And as a presence to let people know how or where to start, you'll find one of us standing in the back of the Narthex, ready to answer any and all questions. Sometimes you may be invited by Fr. Brad or Rev. Leslie to come over to our representative and talk about Stephen Ministry. But that is never a requirement to enter into a caring relationship. It is only what you want to make of it, never more or less.

Now that we have twenty five Stephen Ministers in our congregation, there are plenty of care givers so that everyone in the church can have one when they need one. We also have six Stephen Leaders who are working to bring these caring meetings to many more of us. So just as a reminder that we are here and are caring for you, and will care for you, you can meet us at the back of the Narthex.

Ministry of the Month: The Columbarium Ministry Helps Congregants Plan for the Future

One of the lesser known but equally vital ministries of St. Timothy's Church is the Columbarium. The Columbarium Ministry provides a special option for parishioners whose loved ones have passed away. St. Timothy's offers a final resting place for the inurnment of those who have been cremated.

Columbarium comes from the [Latin](#) word, "columba," which means dove, a symbol of the Holy Spirit. Columbaria were used in ancient Rome as tombs, providing rows of niches to house urns containing cremated remains. Each niche typically included a "titulus," or plaque identifying the family name. Today, columbaria can be free-standing units or part of a mausoleum or other structure.

The columbarium at St. Timothy's is located to the left as you enter the sanctuary of the church, and is composed of 90 niches. Each niche measures 8" x 8" x 16," and holds up to two urns. Niches in use include marble covers, which are engraved, much like traditional gravestones.

"The columbarium at St. Timothy's gives parishioners and their families an opportunity to be buried in a Christian setting, rather than a commercial one," says Ministry member Bill Sanger. "It allows you to plan ahead for the inevitable and, in doing so, enables your family members to take comfort in the fact that they are honoring your final wishes."

Committal and inurnment services can be a public or private as the family wishes, and housing one's remains within the church provides a greater opportunity for family and friends to visit. The columbarium is constructed as a complete unit, and is capable of being moved to ensure perpetual care, regardless of changes to the church. In addition, a certificate of the right to inter is issued at the time of purchase, specifying that St. Timothy's will retain property rights and assumes the responsibility of perpetual care of the columbarium and its contents.

From the beginning of its existence, the Christian Church has assisted parishioners with the care and handling of their departed family members. Cremation is believed to have originated thousands of years before Christ and its practice and methods have varied from culture to culture. Today, cremation is an accepted practice within the Episcopal Church and the wider Anglican Communion. With the growing population and increasing concerns

about land use, cremation is an affordable option and a practical alternative to burials.

Bill, a 20-year veteran of the church and member of the Finance Ministry, notes that a majority of the niches are still available. Bill will be manning a table for the Columbarium Ministry, after the 11:00 a.m. service on Welcome Home Sunday, September 13. He will be handing out brochures and answering questions for anyone who would like to know more about this opportunity. Anyone interested in purchasing a niche should contact Father Brad.

We all look forward to the notion of meeting our maker in Heaven, but the thought of death is distressing and painful. Making plans can help ease unpleasant feelings for grieving family members. Consider your future and what the Columbarium Ministry can offer you.

Morning Bible Study Resumes Wednesday, September 16, 2009

So, you think you're having a bad day...try walking in Job's shoes! Morning Bible Study resumes on Wednesday, September 16th with an exploration of The Book of Job. Please join us from 10:00 to 11:00 a.m. in St. Tim's kitchen for a rousing hour of discussion. Men, women, retirees, and/or Moms and Dads are all welcome. As with last year, child care will be provided.



No advanced preparation is required to participate on Wednesday morning. Our group generally reads each passage using more than one Bible version – so as to get different perspectives. Our discussion truly brings the passages and the characters to life – who needs reality TV?!

Please contact Nikki O'Malley at nikki.omalley@gmail.com or chat with Rev. Leslie if you are interested in joining this lively group to discuss Job's trials and tribulations. In addition, let Nikki know as soon as possible if you will be bringing a child/children so that we can schedule childcare appropriately.

Thank you everyone!

Thank you for the wonderful celebration on Sunday, Aug. 30! It has been my pleasure to work here and to become a part of St. Tim's family. I will always hold you close to my heart.. Until we meet again...God Bless,

Carol Frost

OPPORTUNITIES ABOUND

OPPORTUNITY: Altar Guild Member (Worship Ministry)

Who is Needed for This Opportunity?

Anyone with a passion for furthering the mission and ministry of the Church through helping to ensure that God's house is in order, beautiful, clean and prepared for worship. No prior experience required!

Why Are You Needed?

In addition to the Guild's weekly duties of preparing the Altar and Sanctuary for Sunday and weekday services, team members set up for the Wednesday service and replace the votive candles throughout the week as needed. Guild team members also help to prepare for special services such as Baptisms, Marriages, Funerals and the Bishop's Visit for the Confirmation and Reception of candidates, as well as for Easter and Christmas.

What Do You Have to Do?

- **Altar Guild Team Member** – duties include all preparations of the Altar and Sanctuary necessary for worship and special services, including flower arrangements and care for linens. You'll work as part of a team. Flexible scheduling; teams rotate through the year.
- **Flower Guild** – Flower Guild members support an Altar Guild Team on a regular or on-call basis to arrange the flowers for the Altar and/or to help with the arrangements for Christmas and Easter services. Flower Guild members may opt just to do this portion of Altar Guild Team responsibilities.
- **Linen Guild** – Linen Guild members support an Altar Guild Team on a regular or on-call basis to wash and iron the linens that are used in our worship. Linen Guild members may opt just to do this portion of Altar Guild Team responsibilities. This is a special gift; great for those with time during the week or weekend.
- **Wedding/Funeral Guild** – be on-call to assist Altar Guild Team members with preparation and service during weddings and funerals. Great for those with flexible schedules.
- **Altar Guild Sunday Team** – perfect for those who want to help or learn more about the Altar Guild but don't have time to join a team. You can volunteer with the assigned Altar Guild Team just to help clean and re-set the Altar in-between the regular Sunday services.

How Do You Do It?

- The Altar Guild duties have been divided into smaller tasks, to allow for flexibility and to encourage more parishioner involvement. Training and fellowship is always provided! Serving as an Altar Guild Team Member generally takes about two hours on Saturday and time between the three services on Sunday.

Who Do You Contact?

For more details or to volunteer your service in this ministry, please contact Kerrie Wilson; kerriebun@verizon.net; 703-435-1925 or Sandy Wright; quiltdiva730@hotmail.com; 703-716-9094.

OPPORTUNITY: We Need You for Stuffing and Assembling!(Stewardship Ministry)

No...we are not talking about the Thanksgiving turkey, it's about three separate Thursday nights from 7-9 pm for you to help stuff, label, and seal letters and the preparing of cups with seed and soil.

We need 8-10 persons in Henry Hall at each of the Thursday nights listed below.

We will provide pizza and soft drinks, just call or e-mail to let us know you will be there!

September 10th, 7:00 p.m. – 9:00 p.m.
Stuff, label and seal letters

September 17th, 7:00 p.m. – 9:00 p.m.
Prepare cups with seeds and potting soil in baggies

October 15th, 7:00 p.m. – 9:00 p.m.
Stuff, label and seal letters

RSVP to:

Al Bashore 703-273-1689; evenkeels@cox.net

Or

Jim Hendrick 703-430-4914; jhendrick@udcc.com

OPPORTUNITIES ABOUND

OPPORTUNITY: External Communications Disseminator (Communications Ministry)

Who is Needed for This Opportunity?

Parishioner who enjoys interacting with the local media and has a passion for furthering the mission and ministry of the Church by helping to distribute ready-to-go press releases and media advisories and possibly pitching stories to local newspapers, radio stations and the social-media (web, Facebook, Twitter, etc.). The disseminator should be a good communicator and able to set and keep deadlines. Work volume is light and requires minimal commitment.

Why Are You Needed?

The Communications Ministry is vital to keeping congregants and the larger community informed of all the ministries and outreach activities of St. Timothy's by gathering and disseminating information about all facets and functions of the church.

What Do You Have to Do?

- As requested, fax (can be done from the church office) or e-mail (if acceptable) copies of written articles and/or press releases to local papers and/or to the *Virginia Episcopalian* to ensure receipt by publishing deadlines;
- Follow up with a phone call to all local papers to ensure that articles and/or press releases were successfully received;
- Maintain historical record of releases
- Update list of publications/deadlines as needed;

How Do You Do It?

Requests for disseminating written copy (already formatted), will be routed to the disseminator from the Head Writer or other member of the Communications Ministry. Disseminator distributes copies to local papers and follows up to make sure copies were received. A hard copy and file of the release are kept.

Who Do You Contact?

For more details or to volunteer your service in this ministry, please contact Elaine Horsfield; (703) 476-4439; ehorsfield@cox.net.



NONPROFIT ORGANIZATION SEEKING VOLUNTEERS!

Vecinos Unidos Neighbors United, a twelve year old nonprofit community based organization is seeking volunteers for its after-school homework assistance program. Provided in a group environment, students also receive help with study skills and organization of assignments. The program seeks to foster a positive attitude toward homework and school and thus bring about an improvement in grades.

Come share your love of learning or subject expertise with great students in grades 1-8! Students are from homes where English is the second language, and/or where economic or socioeconomic factors put them at risk of failure. We are also looking for adults to listen to children read and/or read to students.

No formal teaching required just a little patience and a willingness to help great kids learn

When: Monday, Tuesday, Wednesday, Thursday
4:30 p.m. - 6:00 p.m. during the school year

Where: Neighborhood Resource Center
1086 Elden Street, Herndon, VA 20170
(in the Bloom's Shopping Center on Elden St. at
Alabama Ave.)

**For More Information please contact:
Barbara Sorenson President 703-201-2809**

vecinos_unidos@earthlink.net
www.vecinosunidos.org

Choir Season Begins September

22nd

Our new season of music will begin the week of September 22nd. Anyone interested in joining one of our choirs is welcome and encouraged to come to a rehearsal during our first few months of practice. No experience is required and joining a choir is a great way to begin to learn the basics of music. Our choirs use the Voice for Life teaching method developed by the Royal School of Church Music, an organization dedicated to the support and development of choral singing, based on the cathedral choir tradition in England.

Again this year, our choirs will take part in various events throughout the season, many of which are becoming traditions, such as our annual Choir Retreat at the end of September (location TBD), and Choral Evensong for the Feast of All Saints, on Sunday, November 1st, at 5:00 p.m.

Another tradition that will be expanded this season is the Taizé service. Beginning on September 27th at 5:00 p.m., St. Timothy's will offer a Taizé service every month on the fourth Sunday of the month.

The Voce Chamber Singers will be in residence at St. Timothy's again this year, rehearsing weekly and offering seasonal concerts throughout the year. In addition to Voce, we will host a number of other talented area musicians on our concert series, including the well-known Marc and Olivia violin duet.

The Music Ministry at St. Timothy's is here for everyone in our community and it is our hope that you will all join us in making our joyful noises together!

Adult Education Opportunity

On consecutive Sunday evenings (7:00 p.m. to 8:30 p.m.) beginning on September 27th and continuing through November 15th, Fr. Brad will conduct an exploration of faith for adults that we refer to as "Christianity 101." We will look at the origin of Judeo-Christian faith, how the Bible came to be, the Christian tradition, and the Anglican emphasis on Scripture, tradition, and reason for Biblical interpretation. All questions are welcome. This class is necessary for adults who wish to be confirmed or received from another denomination in the Christian family, or who want to renew their Baptismal covenant. All adults are welcome. Please RSVP bradr@saint-timothys.org, or 703-437-3790 ext. 11.

Music Ministry Calendar Fall 2009

Rehearsals Resume Tuesday – Thursday September 22-24

Rehearsal Schedule

Tuesday 7:00 p.m. – 8:30 p.m. St. Cecilia Choir
Wednesday 7:00 p.m. – 8:00 p.m. Handbell Choir
Thursday 4:30 p.m. – 5:30 p.m. Jubilate Choir
Thursday 7:30 p.m. – 9:00 p.m. St. Ambrose Choir

Upcoming Events

Choir Retreat – September 26 –
Trinity Upperville – all day
Choral Evensong for the Feast of All Saints –
Sunday November 1, 5:00 p.m.
Herndon Community Christmas Concert –
Trinity Presbyterian Church –
Sunday December 20, 6:00 p.m.

NEW THIS SEASON

St. Timothy's will offer a Taizé Service every fourth Sunday of the month, beginning on September 27th, at 5:00 p.m.

Communities of Faith United for Housing

Communities of Faith United for Housing (CFUH) will hold its 2nd annual meeting on Sunday, September 20 at St. Stephen's United Methodist Church, 9203 Braddock Road, Burke, from 2:30 – 4:30 p.m. St. Stephen's is near the intersection of Braddock Road and Rolling Road. Directions to the church can be found on their web site: www.ststephensfairfax.org.

CFUH is an award-winning advocacy network of faith communities in the Fairfax/Falls Church community who are committed to increasing the supply of affordable housing within our community with a special focus on providing permanent housing opportunities for those at the lowest levels of income who are either homeless or dangerously close to becoming homeless. Please join us to for an update on our efforts and to hear from our two guest speakers; the Honorable **Sharon Bulova**, Fairfax County Board Chair and **Michael O'Reilly**, Fairfax-Falls Church Partnership to Prevent and End Homelessness Governing Board Chair. Come "*Open your mouth in behalf of the (mute), and for the rights of the destitute; Open your mouth, decree what is just, defend the needy and the poor (Prv 31: 8-9).*" For more information, contact Gerry Williams, cfuhfx@aol.com, or 703-620-4456.

Link Food Pantry



September is St. Timothy's exclusive month to fill the Link Food Pantry with groceries for neighbors whose cupboards are bare. This year to date Link has seen a 50% increase of families in need of nutrition. The Service Ministry appreciates your help in stocking these quickly emptying shelves with provisions. Donations may be left in Henry Hall.

Suggested non-perishable food items (in boxes or cans) regularly needed include: canned meats, spaghetti sauce, canned fruits, flour, peanut butter and jelly, cereal, rice, canned vegetables, canned juices, canned or powdered milk, soups, and tuna. Also useful are coffee, tea, diapers, biscuit mixes, granola bars, cocoa mixes, 4 pack toilet paper, soap, shampoo, feminine products, etc.....

Here Are God's People

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of our potential when we are surrounded by so many of our brothers and sisters in Christ—the space is charged and energized on such occasions as Christmas and Easter, and at Welcome Home Sunday. Young families realize that there are other families with children the same age; people see each other that they've been hearing about for years but have not gotten to know. We each experience the thrill of knowing the church as more than the sanctuary that we all call home: "Here's the church, here's the steeple, open the door, and here are God's people!"

~Rev. Leslie

FEEDING THE HUNGRY SOUL

By Agnes Smith

I went into my brother's house
Affliction pressed him sore,
The troubled look upon his face
Read, "Nothing left in store."

"My cupboard, it is empty,
My breadbox scant and bare."
I asked the Lord to let me,
My brother's trouble share.

I thought of all Christ did for me
To help me on the way,
And how He left His home above
When we all had gone astray.

I looked into His loving eyes,
They smiled on me so kind.
He said, "Go feed the hungry,
A blessing you will find."

"For you, I've earned the Bread of Life,
You'll never hunger more,
Go tell to all this world
That there's plenty left in store."

"And unto every thirsty soul
The water shall be free,
For I have shed my blood for them
On the Cross of Calvary."

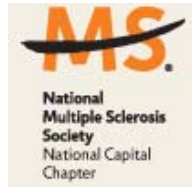
St. Timothy's Youth Group Calendar

September 2009

- Sat. 12:** *Service clean-up church grounds and set-up, 12:00-2:00 pm*
- Sun. 13:** *Welcome Home Sunday Gathering, 4:00-6:00 pm*
- Sat. 19:** *Group trip to 6 Flags all day*
- Sun. 20:** *3^d Sunday Brunch, 12:30-1:30 pm*
- Sat. 26:** *Public Lands Day park clean-up at Great Falls, 9 AM-noon (?)*
- Sun. 27:** *Gathering, 3:00-6:30 pm (Field Trip to Nat'l Cathedral—Choral Evensong at 4 PM)*

MS Capital Challenge Walk

The Multiple Sclerosis National Capital Challenge Walk is October 3-4, 2009. **St. Tim's STRIDES for MS** is a group of almost 20 church members and friends who have come together to take the challenge. Our goal is to raise money for the society and participate in the challenge walk. The money is used to fund research, to facilitate professional education and to provide programs and services to help people with MS and their families move their lives forward. We are very excited about this undertaking and hope for support and encouragement from our friends and families.



We need to raise \$9,000; \$1,500 for each of the six St. Tim's STRIDES for MS team members who will walk the two day, 50 kilometers course. In 2007, we participated in the Challenge Walk and raised \$11,000; ideally, we would like to raise even more in 2009 than we did in 2007. As of August 31st, we had raised \$10,374. More information will follow for upcoming fundraising events and progress reports toward meeting our goal; see your weekly bulletin for details.

In July, the MS Society held a "Challenge Walk MS Team Challenge," a competition between the Challenge Walk teams for fun and prizes. There were a variety of ways that each team could earn points. St. Tim's STRIDES for MS took **3rd Place** out of the 38 teams. We are excited about that!

By the time you read this article, we will be a month away from the walk. We have started practice walks (3-5 miles) on Sunday evenings, starting at the church. The time will be announced in church. Anyone who wants to walk with us in the practice walks is welcome to come to show support and enjoy the fellowship. We usually have a faster group and a not as fast group. No RSVP is necessary, just come, wear a light colored shirt and good walking shoes, and bring a small flashlight.

We appreciate your time and support of this event. We also ask for your prayers for safety and to complete the walk.

Regular Flu Shots

"Regular" flu shots will be available for \$25 on Sunday, Sept. 27, for ages 9 years and up. They will be given after all three services. More information will follow.

Also, please consider volunteering to help out at these planned events or in any other way you can. The positions available on the team are walker, crew member, and volunteer. Please check out our team website by using the below link or by going to www.msandyou.org, look for the Challenge Walk and then choose Team Information. Contact Chris Brock at Christopher.brock2@verizon.net or 703.437.3968, or Hollis Colie at hollis211@aol.com or 703.499.7936 with any questions.

Link to STRIDES for MS team web site:

http://main.nationalmssociety.org/site/TR/Challenge/DWCChallengeWalkEvents?team_id=151171&pg=team&fr_id=10771&ct=y8l96_H7NJWPoAEPPN0r4Q.&s_tafld=104989.

Dungannon Youth Mission Trip

Our mission trip participants have safely returned, but not in time to tell the story in the September Word. We are promised a full report (with pictures) in the October newsletter. - Editor

New Registered Members for August 2009

The following individuals became registered members of St. Timothy's in August:

Keely Shea McAtee
Melanie Renee Leahy
Aiden Drew Hickey

Registered members are baptized, confirmed, or received at this church or are baptized in another congregation and transfer their membership to St. Timothy's. Membership has its privileges: you can vote in St. Timothy's church elections, be elected a member of St. Timothy's Vestry, or register your child early for St. Timothy's fabulous pre-school. If you would like to become a registered member of St. Timothy's, please complete and return a Membership Transfer Form (available in the church office) or the form can also be accessed at www.saint-timothys.org.

Boy Scout Troop 159



July was a busy month for the Boy Scouts of Troop 159. Starting July 19th, 14 boys went to Camp Ottari near Radford, VA. Three new scouts spent the week learning scouting and camping skills at Brownsea Island and did an overnight hike. The other boys worked on merit badges. We worked on everything from First Aid, Camping, and Lifesaving to Indian Lore, Fishing, and Model Design. There was a cool zipline for the older scouts and campfire programs with skits and songs. There was a powwow one night, where we learned about Indian dances and danced to Indian drums. The trip was the troop's annual weeklong camp outing.



During the same time that some of the boys were at Camp Ottari, a group of four Boy Scouts accompanied by four adult leaders set off on a trek of a lifetime. Philmont Scout Ranch in Cimarron, NM is considered the pinnacle of Boy Scouting, and all eight scouts successfully finished the 90 mile trek. For 14 days, the eight scouts hiked up

mountains, scaled cliffs, and made each other freeze dried dinner. In total, these eight scouts submitted eight mountains, one of which included Mt. Baldie – the highest mountain on the ranch. In the end, all eight bonded together as a family in the back country of one of the most beautiful places in America.



Boy Scout Troop 159 meets at St. Timothy's Episcopal Church on Monday evenings at 7:00 p.m.



You've got Questions? We've got Answers!

What is the Vestry, anyway? Is there a difference between Eucharist and Communion? Why is the fellowship hall called Henry Hall? How do I get into the courtyard?

You may have noticed a new feature in the Narthex, under the photos of our three Diocesan Bishops - a wooden question box now hangs on the wall to the left of the Sanctuary doors. Each month your Open Arms Ministry will pick a question or two, about Saint Timothy's or the Episcopal Church in general, from the box and answer it in this newsletter. No question is too large or too small to

be dropped into the question box, and you may submit either with your name and contact info, or anonymously.

And, for a closer look at the Episcopal Church, sign up for the single, one-hour class, "What is an Episcopalian?" on September 20 at 4:00 p.m. In this fast, fun, collaborative class we'll cover topics ranging from the roots of the Anglican Communion to the three-legged stool and why Episcopal Churches have red doors, plus take your questions. Contact Genevieve Zetlan (gzetlan@gmail.com) to sign up.

Q: How did first Episcopal Parishes become established?

A: "When the English Colonists made their first permanent settlement on the shores of Virginia[,] they came to establish themselves as an English people in America. They did not emigrate for purposes of robbery, nor yet to escape conditions which were not to their liking at home, but they brought with them all they could of the old England, including, as a matter of course, the English Church and English law, ecclesiastical and civil. They brought, too, as the event was to prove, the English genius for adapting old forms of government to new conditions of life. Thus in process of time the Parish and the Vestry in Virginia became quite different from the same institutions in the old country, though still based upon the broad sanctions of the ecclesiastical law of England. The Parish was established and its bounds were fixed not by tradition, but by statute, and the Vestry, from an annual meeting of all the ratepayers to choose Church wardens and discuss parochial affairs, became practically a close corporation of twelve of 'The most able and discreet persons' in the Parish."

- From "The History of Truro Parish in Virginia" - by Rev. Philip Slaughter



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St. Timothy's newsletter, *The Word*, is published monthly and emailed to members and friends on the first day of each month. It also appears in full color on the website (www.saint-timothys.org) home page under Downloads. If you wish to receive a copy by mail, please notify Keith Stroud in the church office (office@saint-timothys.org). Copies of *The Word* are also available in the office.

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

Thursday, September 17th, 2009

Questions, articles, or ideas for *The Word* are always welcome as are your comments. You may send materials via email to wordeditor@saint-timothys.org and put Word in the subject line. Photos are also welcome; please identify key people in photos. Articles or letters may be edited for brevity or appropriateness.

2009 Vestry

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Ms. Allyson Showalter
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Services

Sundays

8:00 a.m. - Holy Eucharist, Rite I
9:30 a.m. - Holy Eucharist, Rite II, Children's Chapel
(nursery care available)
11:00 a.m. - Holy Eucharist, Rite II, Christian Education
(nursery care available)

Wednesdays

12:15 p.m.- Holy Eucharist and Healing Service

Office Hours

Monday - Friday, 9:00 a.m. to 5:00 p.m. (and by appointment). Clergy are off on Fridays.

Upcoming Events

Sept. 7 Labor Day – Church Office Closed
Sept. 12 2009 Diocesan Stewardship Conference
Sept. 13 Welcome Home Sunday
Sept. 27 Taizé Service
Sept. 28 Vestry Meeting