

From the Interim Rector: Fr. Mark Michael

“Open my lips, O Lord, and my mouth shall proclaim your praise.” Ps. 51:15.

I was talking with one of our vestry members this week about his prayers. He told me that each day he tries to set aside some time to review what has happened to him. He’s looking for the good things, the unexpected blessings, the little joys that might otherwise go unnoticed: a child’s smile, a conversation that went surprisingly well, a moment of tenderness. “I see them, and thank God for them. They show me He’s always working in my life.”

It can be easy to lose track of just how gracious God is to us. We never forget to turn to Him when we’re in pain or afraid of dangers ahead of us. We quickly remind Him when we’re disappointed. But we often take His kindness for granted. Even when we notice a blessing, how many times do we remember to offer our thanks? How often do we praise God for the ways in which a particular good thing reveals to us His wisdom and love?

We are made to sing God’s praises. He opens our lips, the Psalmist says, so that we can respond to Him with joy. Our minds are designed to catalogue His mercies, our creative gifts to communicate His beauty to others in music, art and movement. Our final purpose, the destiny for which God is equipping us now, is to join with saints and angels in the great Alleluia around His throne in heaven.

Praise sometimes comes naturally to us. We stare up at a majestic mountain, watch the light stream through a cathedral’s window or catch a baby’s eye and a word of adoration comes quickly to our lips: “Give thanks to the Lord for He is good, for His mercy endures forever.” (Ps. 136:1).

But praise is a spiritual discipline as well. It equips us to be patient and content in a world where constant advertising schools us in dissatisfaction. Praise in dark

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Follow Up: Summer Service Schedule

**by Brian Flusche
Service Schedule Team Lead**

From June through August we tried out a two-service schedule during the more lightly attended summer Sundays. There was sufficient feedback from the summer schedule for Father Mark and the Vestry to commission a team (the Service Schedule Team) to study the feasibility and desirability of making a two-service schedule permanent. This article summarizes the activity of the team to date and the process to be followed for review of their recommendations.

We are also seeking your help. Through

October 4, a survey is being offered to every household to contribute input on multiple aspects of our service schedule. No changes are imminent, and recommended changes (if there are any) will not be made without careful consideration.

The activities carried out on Sunday mornings and the timetables of the many people involved in them are all tied to the Service Schedule. The Service Schedule Team is keenly aware of that fact and consideration of these implications (Sanctuary capacity, parking capacity, time required to clear

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and set up the church, scheduling for families with children in multiple age groups, etc.) is part of our scope. The team is studying many possible variations that might enhance our learning and worship. Should Father Mark decide to adopt some or any of the options we study, it will require significant time and effort to further plan their implementation.

Our scope includes:

- Looking at all the activities and the impact any changes to the schedule could have upon both the congregation and the people involved in carrying them out; teachers, Choir members, LEMS, Ushers etc. We are talking with staff and volunteers.
- Reviewing attendance numbers during the past year and considering

logistics such as seating capacity and parking capacity.

- Surveying the other seven churches in Region 5 for both the timing of their services and the opportunities they offer for learning.
- Gathering feedback from the congregation on your views.

We will collate all the data and feedback and prepare a report with recommendations which we will present to Father Mark and the Vestry later in the fall. We anticipate this report will include review of all the options we have studied, the implications associated with their adoption, and our recommendations.

This report will be reviewed by Father Mark and the Vestry and we expect some questions and comments. Once these are resolved they will make a decision about what, if any,

recommendations to accept or to study further. If a decision is made to accept one or more of the recommendations, then the implementation phase begins. This will involve consulting with parishioners, staff and volunteers as to the details necessary to adopt any changes and developing an implementation plan. Father Mark has made it clear that the congregation will be kept abreast of developments and progress. There is no fixed time table for any of this activity—there cannot be, until a decision is made. It is important that such a decision and its execution not be rushed.

So, please take the survey (once per household) so we can make as thorough a report as possible about the needs of St. Timothy's, and stay tuned for further updates.

[TAKE THE SURVEY](#) +

Abide in Me: Prayer Class Begins in October

Abide in Me: An Introduction to the Practice of Christian Prayer is a seven week class that Father Mark will teach on Sundays and Thursdays at noon, beginning in the first full week of October. In my first few months here, I have been pleasantly surprised by the number of questions people have asked me about the liturgy and private prayer. This course is designed as an opportunity to respond to some of those questions in a group setting. We will learn together about some of the basic forms of prayer that Christians of all types have found valuable across the centuries. Each session will review the

Biblical roots of a specific practice and its place in the spiritual life, with some pointers about making regular use of it as part of a rule of life. Topics will include the Daily Office, Praying the Eucharist, intercession, petition, meditation, silence and “the wings of prayer,” fasting and almsgiving. I’m especially eager to hear insights from all of you who have been making regular use of these practices, and hope that we can encourage each other to deeper growth in the spiritual life. The classes will last about 45 minutes, and will be held in Henry Hall. Bring a lunch if you like. +

All Souls Celebration Nov. 2

All Souls is the traditional day of prayer for the faithful departed, when we beseech God's grace for those we love who have died, “that they may go from strength to strength in the life of perfect service in God's heavenly kingdom.” (BCP 481). This year, we will join with Christians around the world in a simple Requiem Eucharist at 7:00 on Monday, November 2. We will remember in our prayers all those in our own community

who have died over the past year and others known and loved by the people of our parish. Those who attend will be invited to light a candle in memory of a departed loved one when coming forward to receive Holy Communion. Intercession lists will be available in the Narthex for several weeks beforehand to list the names of those for whom you wish to pray, and you may also add a name by contacting the Church Office. +

Consecration Sunday is Coming

Congregations that approach financial stewardship from a biblical perspective do not view the money Christians give to their church merely as a way to pay its bills. Rather, such congregations see financial contributions as a way to help people grow spiritually in their relationship with God by supporting their church's mission and ministry with a percentage of their incomes.

Our congregation's finance committee has selected the New Consecration Sunday Stewardship Program as a way to teach the biblical and spiritual principles of generous giving in our stewardship education emphasis this year.

New Consecration Sunday is based on the biblical philosophy of the need of the giver to give for his or her own spiritual development, rather than on the need of the church to receive. Instead of treating people

like members of a social club who should pay dues, we will treat people like followers of Jesus Christ who want to give unselfishly as an act of discipleship. New Consecration Sunday encourages people toward proportionate and systematic giving in response to the question, "What percentage of my income is God calling me to give?"

During morning worship on Consecration Sunday at 10:00 on November 1 (only one service that week), we are asking our attendees and members to make their financial commitments. These support our church's missionary, benevolent, and educational ministries in this community and around the world.

Every attendee and member who completes an Estimate of Giving Card does so voluntarily by attending morning worship on Consecration Sunday. We urge people to attend

who feel strongly opposed to completing a card. The procedure is done in such a way that no one feels personal embarrassment if he or she chooses not to fill out a card.

We will do no home solicitation to ask people to complete cards. During morning worship our guest leader will conduct a brief period of instruction and inspiration, culminating in members making their commitments as a confidential act of worship.

We will encourage participation in Consecration Sunday events through the Consecration Sunday team and governing board members. Since we will make no follow-up visits to ask people to complete their cards, we will make every effort to inform, inspire, and commit everyone to attend Consecration Sunday worship.

Thanks for your enthusiastic participation in Consecration Sunday events. +

Join the Dungannon Mission

by Carol Beckett
Youth Group President

Dungannon is a mission trip St. Timothy's participates in every summer, where we travel to Scott County, the poorest county in Virginia, to help the community by building porches, cool sealing roofs, and anything in between. My father and I have been going with St. Tim's since the summer before my freshman year of high school. This past year was my fourth year in attendance, and I love it. The work is challenging but enjoyable, the people we go with are great, and the activities in the evenings are fun, but by far the best part of the entire experience is getting to know the community and the homeowners we work with. That's the reason I not only love to go every year, but why I always look forward to the next summer when we can do it all over.

My first and second year there I was on a work site with children. When we took breaks from our work we had time to talk with them and play around with them. Two of the little boys my first year loved to pass the tape ball with us, and take pictures on my camera. They were a hoot, and made the week so much brighter. The second year we were with a family with many children, and on our lunch breaks they would climb the trees with us, joke with us and eat with us. My third year we were with one of the sweetest ladies, and she truly inspired me with her constant positivity and kindness. Last year our homeowner was a man who was very kind, helpful and thankful that we were there to help him. The people that we meet there in the community are the reason that I always go back, and I would encourage anyone to join us on what I think is by far the most fantastic summer trip you could ask for. +

From the Piano Bench: Music Notes

Thanks to all for your gracious welcome to Saint Timothy's! It is my pleasure to serve as your musician during this interim period of time and I am enjoying getting to know you. Please keep on introducing yourselves as I put names and faces together.

I am familiar with interim work and know something about what a creative period of time it can be. It gives a congregation a breathing space; a chance to assess where they have been and to what God is calling them to in the future. It can be a time in which we rethink and reinvent our image while staying true to our identity and remaining "on message". We love the comfort of the familiar but are both intrigued and slightly apprehensive about what the future looks like.

Our first round of choir rehearsals have taken place over this past month and it is my feeling that the future looks very bright for Saint Tim's and the music ministry

area. As one parishioner put it, "Saint Timothy's is blessed with a talented church family". I couldn't agree more. I have heard about your wonderful past journeys with previous directors and I am sure that we are up to the challenge of the future. Please consider joining one of the choirs (Adult Voice Choir- Thursday 7-8:30, Adult Hand bells Wednesday- 7-8:30 and Children's Choir- Monday 5-5:45) as we prepare for upcoming services. I would also love to know of talented instrumentalists that might be able to play for services.

Mark your calendars for Sunday, October 25th for Choral Evensong, at 6 PM presented by the Saint Timothy's Adult Choir with a sermon by Fr. Mark. A lovely reception will follow in Henry Hall. Don't miss this beautiful service (with ancient "roots") of sung prayers, psalms, hymns and anthems. It's a service which has special meaning for many and is a wonderful way to end the day, sensing

both God's peace and presence.

On Sunday November 8th, there is a Bazaar that takes place in Henry Hall which is a fundraiser to benefit the church/organ renovation project. I am told that there are a good number of vendors who bring all sorts of interesting goodies that can be purchased now for Christmas gifts. What's your signature treat?

During October we will start preparations for the Advent/Christmas season. There will be a Service of Lessons and Carols on Sunday evening December 6th. If you cannot participate normally during the program year, you are welcome to join us for Christmas.

It's an exciting time at Saint Timothy's in Herndon. Please come and be a part of it!

Soli deo Gloria,
Dr. Donna Whited, Interim Director of Music +

Cornerstones Help the Homeless Walk

Who is that sitting in Henry Hall? He represents one of the many faces of Fairfax County's homeless community. Did you know that more than 12,000 people are homeless on any given night in Fairfax County, and more than a third of them are children? The Homeless Mannequin Campaign is designed to raise awareness that homelessness does exist in one of the nation's wealthiest counties. Each mannequin has a unique story assigned that tells of someone local who suffers from homelessness. These mannequins encourage residents to take notice of the problem locally and get involved with local nonprofits and programs to help make a difference.

One way you can support the homeless is to participate in the upcoming walk. St. Timothy's will once again join the 12th Annual Community Walk to Help the Homeless on Sunday, October 18th starting at the Embury Rucker Community Shelter (1:30 p.m. check-in). Please sign up to be a member of the St. Timothy's Walk Team at <https://cornerstonesva.givecorps.com/projects/6213-help-the-homeless-season-of-walks-st-timothy-s-episcopal>.

You can donate on-line or register to walk with us. This interfaith activity is a great way for our congregation to show that we are all in this together and our collective efforts will make Cornerstones successful in helping our homeless neighbors to have homes of their own where their children can live and thrive. Please contact Jill Norcross, jillnorcross@verizon.net or 703-587-4098 with any questions. Service Ministry...putting our faith to

Vestry Update

At the August 24 Vestry meeting, the Rev. Mary Thorpe from the Diocese of Virginia made a presentation detailing the process for calling a new rector. The Vestry approved \$5,000 in expenditures for urgent repairs to the HVAC system and approved a contract with CityWide for janitorial services effective October 1 with services

to replace the functions of the Sexton, not to exceed the amount budgeted for the Sexton in 2015. The Vestry authorized the collection of a purse for the Sexton's retirement. The Vestry authorized \$400 for seminarian compensation for Taylor Poindexter through the end of 2015. +

Region V Program on Teen Sex Trafficking

Sunday, October 18, 2015
Church of the Holy Comforter
543 Beulah Road, NE
Vienna, VA 22180
2 to 4 p.m. in the Sanctuary

Did you know that the FBI has identified Northern Virginia as one of the major teen sex trafficking "hot spots" in the United States?

Please join the churches of Region V for Teen Sex Trafficking: Hiding In Our Neighborhood. The program, open to high schoolers and up, will feature experts involved in the fight against the scouting, manipulation, and recruitment of our teenagers, and there will be displays from several area organizations with information on how you can help. For more information, contact Joni Langevoort.

We are fortunate to have a true "A List" of speakers and panelists from law enforcement, schools, and area organizations involved in the fight against this growing problem in our area:

- Gail Hambleton, National Director of the Safe Haven Campaign (speaker and panelist). Safe

Haven is a much-needed public awareness/educational campaign. It is uniquely designed for communities of faith to become catalysts in their communities. The Safe Haven Campaign exposes human trafficking in local communities, raises awareness, and provides faith communities with tools to combat the expansive growth of human trafficking in addition to protecting their own families and children.

- Detective Bill Wolf, FCPD Human Trafficking Unit/Northern Virginia Human Trafficking Task Force (speaker and panelist)
- Beth Saunders, Executive Director, Just Ask Prevention Project (moderator and panelist). Just Ask is a public awareness campaign designed to expose the growing prevalence of teen sex trafficking throughout Virginia and across the greater DC area and to inspire our community to end the scouting, manipulation, and recruitment of our teenagers.
- Barbara Amaya, author of Nobody's Girl and trafficking survivor (panelist). Barbara's low

self-esteem as a young teen led her to being manipulated, coerced, abused, and exploited by traffickers in DC and NYC for over ten horrible years. Today she advocates for the rights of victims of abuse and exploitation everywhere.

- Meredith McKeen, Director of Intervention Services, Northern Virginia Family Services (panelist). NVFS is a private, nonprofit organization dedicated to helping individuals and families find new paths to self-reliance and brighter futures.
- Meghan Huebner, Director of Residential Services, Alternative House (panelist). Alternative House transforms the lives of children and youth, helping them stay safe, make positive decisions, achieve educational success, and overcome personal crises. They offer children, youth, and families hope for brighter futures by providing counseling, shelter, and neighborhood-based support.
- Rebecca Howery, Education Specialist in Health and Physical Education, Fairfax County Public Schools (panelist). +

What is a Region, and How Can you Contribute?

by **Dianne Miller**
Region V President

St. Timothy's is a member of Region V - but what does that mean?

First, a little about our Diocese. The Episcopal Diocese of Virginia is a part of the worldwide Anglican Communion and the Episcopal Church in the United States. We are a community of 80,000 baptized members and 425 clergy in 38 counties and several cities of central, northern and northwestern Virginia, serving the world through 181 congregations, six diocesan schools, two diocesan centers and six diocesan homes, and home to the largest Anglican seminary in the world. Our episcopal seat is the Cathedral Shrine of the Transfiguration, in Orkney Springs. We were organized in 1785.

Second, a little about Regions. The Diocese of Virginia is one of the largest dioceses in the Episcopal Church. In order to facilitate greater communication and connection between the Diocese and individual congregations, the structure of convocations and later regions, was established. Currently, the Diocese has 15 regions, determined by geography and originally comprising approximately the same number of baptized members in each. Each region has a Regional Council, composed of members elected by the churches in each region. Each region has an elected President, who is a lay person, and an appointed Dean, who is a clergy person. In addition, each region elects a representative to the Diocesan Executive Board, which serves as the Vestry of the Diocese between Annual Conventions.

And now about our Region. St. Timothy's is a member of Region V, which comprises nine congregations in Northern Fairfax County. Our geographic boundary is north of the Dulles Access Road and stretches from Herndon on the west to Great Falls on the east. Currently, the President of our Region V Council is Diane Miller, of St. Timothy's, our Dean is the Reverend Stephen Shepherd of St. Dunstan's McLean, and our representative to the Executive board is the Reverend Stephen Edmondson of St. Thomas McLean. In Region V, Lay Delegates are members in good standing of their parish; they serve as delegates both to the Region and Diocesan Councils after confirmation by their parish Vestry. The number of Lay Delegates per parish is determined by the Average Sunday Attendance (ASA). St. Timothy's is permitted three Lay Delegates and three alternates. Currently, St. Timothy's is represented by Cheryl Brock, Carolyn Hamm, Diane Miller and Sandy Wright.

Region V is a very active region, continually seeking ways to serve God's people in Northern Fairfax County. We meet four times per year on a rotating parish schedule; Council meetings include Clergy and Lay Delegates gathering to discern and discuss our shared mission. With a budget of about \$6,800, we are able to support the youth mission trip to Dungannon, the ARISE Campus Ministry at George Mason University, annual offering of the Prevention of Sexual Misconduct course, and a very active youth ministry. We are blessed to have the only Regional Deacon of Youth Ministries, the Reverend Mary Beth

Emerson of St. Thomas McLean, who collaborates with Youth Leaders from our parishes to sponsor frequent youth activities such as gleaning projects, lock-ins, and serving the poor in our community. This year, we launched the Region Life Committee as a means to discern opportunities to pool our resources and accomplish more than we can as individual parishes to serve our geographic area. Any member of a Region V congregation is welcome to participate on that Committee. The Committee seeks to have representation from across the Region; their initial initiative is the Teen Sex Trafficking issue. As this tragedy impacts all of Fairfax County, we believe we can best serve God's people by joining forces in a cohesive campaign.

If you have any questions about Region V or wish to participate on the Region Life Committee, please reach out to Diane Miller at dianegmiller@verizon.net or any of your St. Timothy's Lay Delegates. If you wish to explore the opportunity of representing St. Timothy's as a Lay Delegate, please speak with Fr. Mark Michael or a member of the Vestry. Our next meeting of Region V is Monday, October 5th at St. Timothy's at 7:30PM. All are welcome!

Please prayerfully consider volunteering your time and talent to our Region Life Committee - - we'd love to have you join us! +

and anxious times can be a kind of confession of faith, a declaration that we trust in God's providence when the evidence to the contrary seems strong. "Though the fig tree does not blossom," sang Habbakuk in time of chaos, "nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls, yet I will rejoice in the LORD, I will joy in the God of my salvation. (3:17-18).

There are many wonderful resources for this. The Bible's longest and best loved book, the Psalter, is primarily a book of praises, and many of the most beautiful and compelling texts from elsewhere in the Bible are canticles of praise. Dr. Whited would remind us that our Hymnal's longest section is the hymns of praise. Most Sundays, we begin the Eucharist with the Gloria in Excelsis, the Church's ancient and solemn hymn of praise: "We worship you, we give you thanks, we praise you for your glory."

For me, the Daily Office, the Church's liturgical forms for Morning and

Evening Prayer, have been especially useful in learning to recognize and proclaim God's goodness. The Office is predominately praise: Psalms and Scripture canticles. Like many priests, I've said the Office daily since my seminary years, and it's the backbone of my spiritual life. It helps me to trace God's goodness in all things, and it urges me to entrust my entire life to God, to be a living sacrifice to His glory.

This is, I know, a challenging time for some of you. You continue to grieve the departure of beloved leaders. We face a number of common challenges that demand careful thinking and hard work. We can be tempted to let anxiety overwhelm us, or to concentrate so deeply on process and procedure that we lose track of what God really wants to do among us.

There is no better time for us to praise God together, to seek the signs of His goodness and to renew our common life through regular worship. Since I arrived here, I have prayed Morning and Evening Prayer in the church at the beginning and end of most every workday. And now, that my kids'

pick-up and drop-off schedules are a little firmer, I can post times and hope that some of you will join me: on Mondays, Wednesdays and Thursdays at 8:45 and on Mondays, Tuesdays and Thursdays at 5. The services are simple and last about twenty minutes, and after a time or two, I promise you'll know just what to do.

I know that the times won't work for many of you, and I was very heartened that one parishioner who says the Office every day but doesn't drive any longer, promised to time her recitation to match the services in the Church. There are also a number of apps if you need to pray with the help of your smartphone on the Metro instead—just google "St. Bede's Breviary."

Maybe you will find it easier to praise God in daily reflection, like the vestry member, or to sing a hymn of praise at the beginning and end of each day. Whatever method seems best, please do join me and many others here at Saint Timothy's in praising God together. This is just the time for recognizing God's goodness afresh and offering ourselves anew. +

Thanks from Recovery Group

Some words of thanks for our congregation recently shared by members of the Hunters' Woods AA Group, which meets weekly at Saint Timothy's:

"I've been coming to meetings at St. Tim's for over a decade and they have helped me to stay spiritually fed and sober. Thank you for allowing us to meet here and get our needs met." —S. J.

"I will be perpetually grateful that you let us be the 'downstairs parishioners.'" —A. K.

"Thank you for this opportunity to allow us to meet and heal. We greatly appreciate it." —Love, J.

"St. Tim's has been a home away from home, helped to keep up our recovery." —J.

I've attended this church for 10 years—it is such a wonderful gift of my sobriety and I have helped so many here." —H.

"Thank you. St. Tim's is my second home." +



St. Timothy's Episcopal Church

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The Word is published monthly and emailed to members and friends on the first weekday of each month. It also appears on the website (www.saint-timothys.org). If you wish to receive a copy by mail, please notify the church office (office@saint-timothys.org). Copies of The Word are also available in the office.

Submission deadline for the next issue: Friday, October 23, 2015

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

Update Your Registration!

We have *many* active congregants who have been attending and donating to St. Timothy's for many years who are not registered members! Our goal is to aid the transfer of all congregants interested in being registered members of St. Timothy's.

Non-registered members can participate in all aspects of church worship except serving on the Vestry and participating in elections. However, the more registered members St. Timothy's has recorded the more delegates we can send to the conventions (thus giving us a stronger vote in diocesan matters).

Further, if we don't have an email address for you and your family, or if your email has changed, update your information at www.saint-timothys.org or send the information to office@saint-timothys.org.

To transfer your membership to St. Tim's, or to find out if you are a registered member, contact Nikki O'Malley (nikki.omalley@gmail.com) or fill out the Parishioner Information Form: www.saint-timothys.org/uploads/docs/info-form.pdf

2015 Vestry

Terms expire Jan. 2016

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Terms expire Jan. 2017

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Terms expire Jan. 2018

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Fri, 9 a.m. – 1 p.m.
For appointments, please call
703-437-3790

Service Times

Sundays
8:00 a.m.
Eucharist, Rite I

9:30 a.m.
Rite II service with
Holy Communion
Godly Play,
ages 3-2nd grade
SPARK+, 3-5th grade
Christian Ed,
6-8th 9-12th grades
Nursery Care

11:00 a.m.
Rite II English-Espanol
with Holy Communion
Godly Play,
ages 3-2nd grade

Wednesday
12:15 P.M.
Eucharist and
Healing Service

Saturday
7:00 P.M.
Santa Eucharistia 1 & 3
Saturdays, Oracion y Alaban
other Saturdays