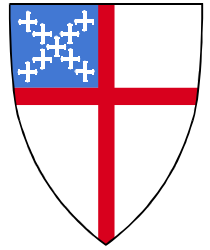


Saint
Matthew's
Episcopal Church



201 East Frederick Drive • Sterling, VA 20164

February 2012 Newsletter

FROM THE ASSISTANT RECTOR

ANNE MACNABB



Whenever I think of February, Valentine's Day comes to mind. And, while the American traditions of Valentine's Day have become commercialized (what hasn't?) the history behind the day is certainly worth remembering. St. Valentine (yes, it is based on a saint) was a Priest in the year 270 AD under the reign of Emperor Claudius II. Claudius had outlawed marriage for young men because he believed that young men at war, who were married, would not be very good soldiers nor would they be willing to die – so marriages were outlawed. Valentine kept presiding over and blessing secret marriages during this time. When he was discovered, he was jailed and sentenced to death. During his stay in jail, Valentine fell in love with the jailer's daughter who was blind. Just before his martyrdom, the young woman's sight was restored – a miracle attributed to St. Valentine. He wrote the young woman a love letter for her to keep and signed it "from your Valentine."

The traditions over the centuries were to celebrate not only our love relationships, but friendships as well. In Great Britain in the 18th century it was the custom to give small gifts to all friends and lovers as a token of affection.

We at Saint Matthew's love to participate in these traditions. On February 11th we will, once again, host our Annual Valentine's Dinner Dance. This is a wonderful event for couples to have an evening out (without the kids) with a lovely dinner and dance together. It is also a great evening spent with other couples having fun.

We also celebrate our friendships and give thanks to God for our fantastic community as we come together on Tuesday, February 21st for our Annual Pancake Supper! This year we have a big night planned that you won't want to miss. And, as the first Pancake supper in our new parish hall, let's just see how many people that room will actually hold! Mark your calendar – because this will be a night to remember!

Most importantly we give thanks to God this month for our relationship with Him. This month we transition from the season of Epiphany and God's revelation to His people to the season of Lent when we once again begin a period of repentance and self examination as we reflect on our relationships with God.

This February we give thanks for all of the relationships we have, our marriages, our families, our friendships and our deep ties to the Saint Matthew's community. Most of all we give thanks for our relationship with God and the love He continually offers us through His Son, Jesus Christ.

Anne+

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Sunday, February 5th

Join us for

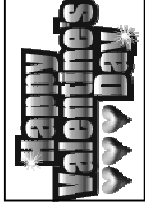
Youth Sunday

9:15am

Come support our fabulous youth musicians and singers!



February



Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 11:30 am Annual Meeting 3 pm MCVN 7 pm Boy Scouts 7 pm Prayer Group	30 9 am Classroom of Discovery Curtis Bread of Life Small Group Free to Live - NA	31 9 am Classroom of Discovery AA Band Rehearsal 9:15 7 pm ELL Classes	1 9 am Classroom of Discovery 12 pm AA 7 pm WatCH 7:30 pm Grief Group	2 9 am Classroom of Discovery Choir Rehearsal 6:45 pm IRC 7 pm ELL Classes 7 pm Women's Small Group	3 9 am Classroom of Discovery MCVN 7 pm First Friday: Fun and Fellowship	4 7:30 am Men's Group 8 am Fellowship Breakfast 5 pm Eucharist Rite II 7 pm MCVN and AA
5 8 am Eucharist Rite I 9:15 am Contemp. Eucharist Youth Sunday 10:30 am Eucharist Rite II 11:45 am Mission Trip Mtg. 3 & 5 pm MCVN 7 pm Boy Scouts 7 pm Prayer Group	6 9 am Classroom of Discovery Finance Comm Free to Live NA Bread of Life Grp	7 9 am Classroom of Discovery AA Band Rehearsal 9:15 7 pm ELL Classes	8 9 am Classroom of Discovery 12 pm AA 7 pm WatCH 7:30 pm Grief Group	9 9 am Classroom of Discovery Women's Group 7 pm Choir Rehearsal 6:45 pm ELL Classes	10 9 am Classroom of Discovery MCVN 7 pm	11 7:30 am Men's Group 9 am Cardmaking and Spiritual Formation 10 am Knit 2, Prayer 2 5 pm Eucharist Rite II 7 pm MCVN and AA and Valentine Dance
12 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 3 & 5 pm MCVN 7 pm Boy Scouts 7 pm Prayer Group	13 9 am Classroom of Discovery Free to Live NA Bread of Life Grp	14 9 am Classroom of Discovery SAGE AA Band Rehearsal 9:15 7 pm ELL Classes	15 9 am Classroom of Discovery 12 pm AA 7 pm WatCH 7:30 pm Grief Group	16 9 am Classroom of Discovery Choir Rehearsal 6:45 pm ELL Classes 7 pm Women's Group	17 9 am Classroom of Discovery MCVN 7 pm	18 7:30 am Men's Group 8 am Fellowship Breakfast 5 pm Eucharist Rite II 7 pm MCVN and AA
19 8 am Eucharist Rite I 8:30 am Small Group Sign-up 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 3 & 5 pm MCVN 7 pm Boy Scouts 7 pm Prayer Group	20 7 pm Free to Live NA 7:30 pm Bread of Life Grp	21 Shrove Tuesday Pancake Dinner 9 am Classroom of Discovery AA Band Rehearsal 9:15 7 pm ELL Classes 7 pm Vestry	22 6 am Ash Wednesday 9 am Classroom of Discovery AA 12 pm AA 12 pm Ash Wednesday 7:30 pm Ash Wednesday	23 9 am Classroom of Discovery Choir Rehearsal Knit 2, Prayer 7 pm Women's Group 7 pm ELL Classes 7 pm Capital Camp.	24 30 Hr. Famine 9 am Classroom of Discovery MCVN 7 pm	25 30 Hr. Famine 7:30 am Men's Group 5 pm Eucharist Rite II 7 pm MCVN and AA
26 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 3 & 5 pm MCVN 7 pm Boy Scouts 7 pm Prayer Group	27 9 am Classroom of Discovery Free to Live NA Bread of Life Grp	28 9 am Classroom of Discovery AA Band Rehearsal 9:15 7 pm ELL Classes	29 9 am Classroom of Discovery AA 12 pm WatCH 7 pm Grief Group	1 9 am Classroom of Discovery Choir Rehearsal Interior Reno Comm Mtg 7 pm Women's Group	2 9 am Classroom of Discovery MCVN 7 pm	3 7:30 am Men's Group 8 am Fellowship Breakfast 5 pm Eucharist Rite II 7 pm MCVN and AA

FROM THE SENIOR WARDEN

DARRELL BREED



We've all heard folks recently asking each other what they got for Christmas gifts. That got me thinking about the types of gifts that seem to be the norm these days. If it isn't high tech, sophisticated enough, expensive enough, or hard to find (as in short supply), then it probably doesn't get mentioned. How many of those gifts will still be used in six months or a year? It seems to me we had more fun as kids when we got some basic toy that required imagination to use like a simple doll or Legos.

I remember when my brother and I used to play in my parent's unfinished, unheated basement with a very basic Lionel electric train. We used to add more track and make elaborate layouts involving bridges, inclines, trestles, railroad crossings and any other neat stuff we could think of. Our favorite trick was building towers and trestles almost as high as the ceiling by stacking whatever we could find to make the supports for the track. My brother liked to use old cigar boxes and pieces of scrap wood. I preferred to use old books or mason jars borrowed from my mother.

Sometimes I even asked her permission! Back in those days we didn't have a sump pump so my parent's basement had a sort of gutter along the edges that always had water running to a drain in the corner of the basement. We would make pretend barges out of Popsicle sticks and float our barges down the "river" from a pretend town to the "train station" where we would move the freight from the barges to the train. My parents pretty much let us do whatever we wanted as long as it didn't involve fire or smell the house up too badly. We had tons of fun dreaming up our own railroad.

My point is this: My parents gave us a basic toy and then let us experiment and learn for ourselves, within limits. The same could be applied to what we teach our kids about Church. We can give them the basics by teaching them about God and bringing them to church and Sunday School. We can allow them to experiment a little and learn for themselves. As long as they have those strong basics to help them make the right choices they will probably turn out to be the kind of adults we hope they will become.



As You Make Your Summer Plans Save June 27-30 Creationfest, Agape Farm, Pennsylvania

Switchfoot, Tenth Avenue North, Newsboys, Thousand Foot Krutch, Red, Chris Tomlin, tobyMac, Family Force 5 and Kutless will be performing LIVE!

What is it? A Christian music and worship festival for four days. We'll be camping and experiencing life together! The trip will cost approximately \$150/person.

If you are interested, sign up on the bulletin board in the hallway, or contact: Jodie Leach, jodieleach2@aol.com, 703-421-6310.

PLANNED GIVING

RICHARD LEACH



Planting seeds for future fruit is both an act of hope and an expression of faith.

We plant in hope that the small seeds will one day produce a tree whose fruit will bless future generations. We plant in faith by entrusting those who follow to nurture our tree, harvest the fruit properly, and use

it for the best purposes.

Making a planned gift to Saint Matthew's is a similar undertaking. A planned gift is a seed whose promised fruit will support the church well beyond your lifetime.

Planned gifts are funded from accumulated assets of your lifetime. When you make a planned gift to Saint Matthew's, it typically does not impact your current income. The simplest

planned gift is to make a bequest to Saint Matthew's in your will.

Planned gifts are used to build the endowment fund, which is important for the long-term health of the church. The endowment fund empowers ministry beyond what is possible through annual operating funds. It provides future parishioners with the means to continue worshiping, learning, and serving as we have been blessed to do.

Your planned gift represents your hope for the future mission of Saint Matthew's and your faith in generations to come. Please consider a planned gift to Saint Matthew's. If you have any questions, please pick up an Endowment Fund tri-fold pamphlet or contact Richard Leach (rpleach1226@aol.com or 703-421-6310).

Thank you.



VACATION BIBLE SCHOOL

COMING JULY 16-20, 2012

5:30 p.m. – 8:30 p.m.

Save the date as the Sky's the Limit!
Registration Forms will be available in April.

New Friends + Amazing Experiments + Wild Games
Lip-smacking Snacks + Surprising Adventures + Incredible Music

At Sky, kids discover that everything is possible with God! Sky is filled with incredible Bible-learning experiences kids see, hear, touch, and even taste! Sciency-Fun Gizmos, team building games, cool Bible songs, and tasty treats are just a few of the Sky activities that help faith flow into real life. We'll help kids discover how to see evidence of God in everyday life-something we call God Sightings.

For more information contact: Jodie Leach, 703-421-6310, jodieleach2@aol.com

LENTEN WATCH

THE REVEREND ROB MEROLA+



On a very personal level, I have found the season of Lent to be a deeply spiritual time. In many ways, it is the season that gives me the perspective and the structure to do a better job of living life well for the rest of the year. For those of you who may not be familiar with the season of Lent, Frederick Buechner does a great job of describing it: *After being baptized by John in the river Jordan, Jesus went off alone into the wilderness where he spent forty days asking himself the question what it meant to be Jesus. During the forty days of Lent, Christians are supposed to ask one way or another what it means to be themselves.*

As such, I hope you will join me in observing Lent this year. For those of you who would like to know more about that, WatCH (Wednesdays at Church) on February 15 will be devoted to the subject of "Observing a Holy Lent." And then, of course, each of the Wednesdays during Lent itself there will be a special program for WatCH which we hope you will attend.

You may already know that Lent typically involves acts of self denial. Last year I asked the parish to consider giving up alcohol for Lent, and I'd like to ask you to consider doing that again. You may also wish to do some form of fasting, and/or abstaining from electronics. Additionally, it's my intention to offer us at least a couple of small group forums where we can talk together about our experiences with this.

It is my hope that Lent will deepen our spiritual lives not just as individuals, but also as a parish; I am hoping that when Lent is over, we will all know God and ourselves at least a little better, and be in a position to do an even better job of sharing his love as well.

Rob+



Adult Sunday School

An Adult Sunday school class is being offered at 9:15 a.m. and at 10:30 a.m. The format for Adult Sunday School will be a Bible study covering the Old Testament reading and the Epistle reading. The class is open to anyone 18 or older, will be held in the Parish Hall, and will last for about 30 minutes. If interested, please bring your bulletin and join us in the parish hall.





Stewardship Dan Robertson



This may seem a bit behind, but we just finalized the December financials this past week. December was a fabulous month at Saint Matthew's for monetary donations. It may have been our best month ever. Thank you for your generosity! It is easy to always talk about Stewardship in terms of money. I can see what comes in to the church and we know how it is spent. It is easily measureable. One of the things that has always impressed me at Saint Matthew's is the amount of dedication to helping others put forth by our volunteers. It is impossible to exactly measure the amount of time that is donated by our members each year. I could tell you that volunteers donated one hundred thousand hours in the service of others at Saint Matthew's in 2011. However that would be only a guess, and I am confident that the actual number is much higher. Thank you for living your Stewardship. Thank you for making 2011 a fabulous year at raising the bar in donations of else you do for others and the greater need for help than we can it our best in 2012. Thank you for make 2012 a great year.



Saint Matthew's. Thank you for money, time, prayer and everything church. There will always be a provide, but we will absolutely give everything each of you will do to

INTERCESSORY PRAYER LIST MONA COSGROVE



The Saint Matthew's intercessory prayer list is for those in or related to our community who are in need of prayer. It is designed so that members of our community can pray for each other on an ongoing basis. In order to pray for those on the list, simply ask God to be with them and help them in any way needed - God knows what is going on, so we don't need to. All

requests for prayer may remain anonymous and will remain on the list for 60 days. After that time, they will be removed from the list but can be relisted at anytime.

Please pray for the following people:

Sue, America, Robby, Ryan, Verlande, Beverly, Molly, Marty, Betty, Marie, Terri, Christina, Jeanette, Katie and Dan, Althea, Kim, Isaac, Robyn, Cindy, Mel, Jamey, James, Sean, Gladys, Marie, Jim, Todd, RL, Brenda, Brooklyn, Liisa & Family, Brian & Family, Kevin & Family, Ruth, Jackie, William, Marcus, Jonne, Ray, Debbie, Eliz, Betty, Kiia, Priscilla, Chauncey, Danielle, Billie, Ann, Becky, Marilyn, Sean, Yutzy, Lopez, Walter, Elijah, Grace, Karen, Marilee, Debbie, Elizabeth, Katherine, Bobby, Ethan, Mike, Lesley, Cho & Family, Lynne, Peg, Bit, Raelene, Phoebe, Sharon, Mary Bob, Kelly, Rob, Jennifer, Amanda, Meghan, Shawn, Elizabeth, Tom, Sierra, Nick, Bobby, Morgan, Debbie, Glen, Andre, Otha, Bob and Amanda.

SMALL GROUP CORNER

VICKI NELSON

I hope by now that you have at least looked into the Small Group program and, hopefully, you have joined a small group. At Saint Matthew's, we have the capacity to have many, many small groups. If you have an issue, we can start a group.



that. The program offers its leaders the foundation to succeed.

And, frankly friends, there is no better way to grow spiritually than together with a group of like-minded folks who are on the same path.

What we need, though, are trained leaders to lead each group. Training is easy. We have a manual that you review on your own. Then we get together with the other leaders and talk about group leadership from a practical standpoint. How do you answer tough questions? How do you handle someone in your group who always monopolizes the conversation? What do I do with a group that is losing energy? We can help with

So, if you want to join a group or if you are interested in leading a group, please talk to me or email me at van@sacklaw.com.



2012 Summer Mission Trips

Washington DC (youth)
June 17th - June 23rd
www.CSM.org



Appalachia - Rogersville, TN (youth)
July 22th - July 27th
www.adventures.org/youth

Return to Haiti (adult)
August 4 - August 10
<http://prayingpelicanmissions.org/>

Sign-up sheets for the trips are currently posted on the Spiritual Formation bulletin board. Space is limited. It may be possible to add additional spots if more wish to attend, but this cannot be guaranteed so please sign up as soon as possible. The cost of the youth trips is \$550 each, with a \$100 deposit required to reserve your spot.

If you would like to learn more about any of the trips you may read about them on the websites listed above or contact Mary Petersen at mjpteach@yahoo.com regarding the youth trips or Fred Brittain (Fred_Brit@hotmail.com) or Thomas O'Neill (tandtoneill@verizon.net) regarding the Haiti trip.

An information meeting will be held on February 5th at 11:45am.



Saint Matthew's Episcopal Church
Cameron Parish

Clergy & Staff

Rector

The Rev. C. Rob Merola Jr.
DaddyRob88@aol.com

Assistant Rector

The Rev. Anne MacNabb
ASCMacNabb@aol.com

Director of Music Ministry

Ray Mueller
RFMueller@fcps.edu

Parish Administrator

Miriam Turner
Office@stmmts.org

Wardens & Committees

Senior Warden

Darrell Breed

Darrellandmerry@verizon.net

Junior Warden

Fred Brittain

Fred_Brit@hotmail.com

Community

Hillary Tattersall

Hatattersall@comcast.net

Outreach

Annette Brennan

Abbrennan2@gmail.com

Pastoral Care

Robert Cranson

Rbcranson@aol.com

Spiritual Formation

Richard Leach

Rpleach1226@aol.com

Sunday School

Caroline Coghill

ccoghill515@gmail.com

Youth Group

Pete Hart

PFHart@gmail.com

Services

Saturday Service Time

5:00 p.m.

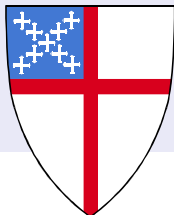
Sunday Service Times

8:00 a.m. 9:15 a.m. 10:30 a.m.

Phone: 703-430-2121

Fax: 703-430-2635

www.stmmts.org



M *Saint
Matthew's*

Episcopal Church

201 East Frederick Drive
Sterling VA 20164-2387

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Great February Events

Don't miss the return of two hallmark
Saint Matthew's events.



Saturday, February 11th at 6pm
Valentine Dinner Dance
\$30/couple

and

Tuesday, February 21st
Shrove Tuesday Pancake Dinner



Watch the bulletin for more details on both events.