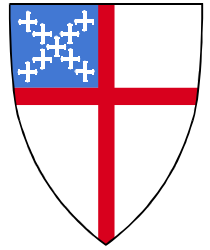


Saint
Matthew's
Episcopal Church



201 East Frederick Drive • Sterling, VA 20164

January 2012 Newsletter

FROM THE RECTOR ROB MEROLA



Dear Friends,

As we begin a New Year, perhaps it is worth asking ourselves a question: How are we doing? And since we are asking this question of our self, there is no point in being anything but honest.

But here's the thing: As it turns out, answering this question honestly is a lot harder than it might first seem. It's too easy to give a quick "fine", even to ourselves, when the deeper truth is that may hardly be the case. For me, I've got to come at it in a roundabout way, beginning with other questions instead. Perhaps you do too. Perhaps, like me, you find yourself asking questions like these:

1. Am I closer to the people I love than I was a year ago? Relationships don't tend to be static; if they are not getting better (even if they were good to begin with!), there's a good chance they are getting worse.
2. Do I have a strong sense of purpose, and do I feel like the things I'm doing are in line with it? (without exception, the happiest people I know are those who feel like their lives are serving some higher purpose).
3. How's my integrity? Only you know your secret life. How secret is it?
4. How much alcohol am I drinking? We're not always the best judge of this. Ask somebody close to you (which won't be of any help if you are drinking alone, a danger sign in itself). Better yet, pay attention to how many beer/wine bottles are going out to the curb each week.
5. How much I am eating? Again, people tend to under report. How much we eat may be tricky, but our bodyweight isn't. Are we heavier than we want to be? There could be a lot of reasons for that, of course. But for me, this is one of the clearest indicators of the state of my soul. When something is missing from life, I tend to eat to try and fill the slack.
6. How much am I working/fishing/gardening/you fill in the blank! Pretty much the same as above. Often a way to try and fill the empty spaces, which are indicative that a piece of life isn't working right.
7. Am I growing spiritually? Like #1, there is no standing still on this one. We're either going forward or backwards, and in our heart of hearts we probably know which one it is.

There are lots of other questions like these we can ask ourselves. But these are some I've found helpful. No matter how well my life is going, I don't think I've ever honestly asked myself questions like these without realizing there is room for improvement.

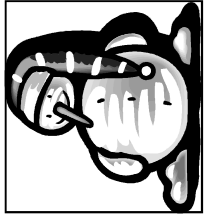
That's where church comes in. I do not want you to come to church because I want something from you—I want you to come to church because I want something *for* you. And from what I've seen in being privileged to be part of thousands of people's lives, there is just nothing like the church when the church is working right to help people get their own lives right.

May God bless us one and all in 2012, especially as we open our hearts to His working in our lives.

Faithfully,
Rob+

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January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>New Years Day</i> 10 am New Year' Service 3 & 5 pm MCVN 7 pm Prayer Group	2 9 am Classroom of Discovery 12 pm Curtis 7 pm Finance Comm 7 pm Women's Small Groups 7:30 pm Bread of Life Small Group 7:30 pm Free to Live - NA	3 9 am Classroom of Discovery 10 am Dig A Little Deeper 7 pm AA 7 pm Band Rehearsal 9:15	4 9 am Classroom of Discovery 12 pm AA	5 9 am Classroom of Discovery 6 pm Music Minister 6:45 pm Choir Rehearsal 7 pm Interior Reno Comm Mtg	6 <i>Leadership Retreat</i> 9 am Classroom of Discovery 12 pm Curtis 7 pm MCVN	7 <i>Leadership Retreat</i> 7:30 am Men's Group 8 am Fellowship 4 pm Breakfast 5 pm Photos 5 pm Eucharist Rite II 7 pm MCVN and AA
8 8 am Eucharist Rite I 8:45 am Photos 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 3 & 5 pm MCVN 7 pm Boy Scouts 7 pm Prayer Group	9 9 am Classroom of Discovery 7 pm Women's Group 7 pm Free to Live NA 7:30 Bread of Life Grp	10 9 am Classroom of Discovery 10 am SAGE 7 pm AA 7 pm Band Rehearsal 9:15	11 9 am Classroom of Discovery 12 pm AA 7 pm WatCH	12 9 am Classroom of Discovery 6 pm Music Minister 6:45 pm Choir Rehearsal	13 9 am Classroom of Discovery 7 pm MCVN	14 7:30 am Men's Group 9 am Spiritual Formation 10 am Knit 2, Prayer 2 5 pm Eucharist Rite II 7 pm MCVN and AA
15 8 am Eucharist Rite I 8:45 am Photos 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 11:30 am Grey & Monica Shower 3 & 5 pm MCVN 7 pm Boy Scouts 7 pm Prayer Group	16 7 pm Women's Group 7 pm Free to Live NA 7:30 pm Bread of Life Grp	17 9 am Classroom of Discovery 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Vestry	18 9 am Classroom of Discovery 12 pm AA 7 pm WatCH	19 9 am Classroom of Discovery 6 pm Music Minister 6:45 pm Choir Rehearsal	20 9 am Classroom of Discovery 7 pm MCVN	21 7:30 am Men's Group 8 am Fellowship 9 am Breakfast 5 pm Cardmaking 7 pm Eucharist Rite II 7 pm MCVN and AA
22 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	23 7 pm Women's Group 7 pm Free to Live NA 7:30 pm Bread of Life Grp	24 9 am Classroom of Discovery 7 pm AA 7 pm Band Rehearsal 9:15	25 9 am Classroom of Discovery 12 pm AA 7 pm WatCH	26 <i>Diocese of VA Annual Council</i> 9 am Classroom of Discovery 6 pm Music Minister 6:45 pm Choir Rehearsal 7 pm Knit 2, Prayer 2	27 <i>Diocese of VA Annual Council</i> 9 am Classroom of Discovery 7 pm MCVN	28 <i>Diocese of VA Annual Council</i> 7:30 am Men's Group 5 pm Eucharist Rite II 7 pm MCVN and AA
29 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 11:30 am Annual Meeting 3 & 5 pm MCVN 7 pm Boy Scouts 7 pm Prayer Group	30 9 am Classroom of Discovery 7 pm Women's Group 7 pm Free to Live NA 7:30 Bread of Life Grp	31 9 am Classroom of Discovery 7 pm AA 7 pm Band Rehearsal 9:15	1 9 am Classroom of Discovery 12 pm AA 7 pm WatCH	2 9 am Classroom of Discovery 6 pm Music Minister 6:45 pm Choir Rehearsal 7 pm Interior Reno	3 9 am Classroom of Discovery 7 pm MCVN	4 7:30 am Men's Group 8 am Fellowship 5 pm Breakfast 5 pm Eucharist Rite II 7 pm MCVN and AA

FROM THE SENIOR WARDEN

DARRELL BREED



My wife and I went through another one of those little life events this past weekend. Our son and daughter-in-law moved to their new house outside of Baltimore. Although that is only about an hour away it means we won't see them as often as we have before. We had been meeting them for dinner each Friday night to catch up with what had been going on with each other over the previous week. Merry and I are going to miss those moments with Rick and Sara. Their move reminded us of the other bitter sweet times in our lives.

Remember when you first moved away from your own parents, how exciting it was to be on your own, trying new things? Going away to college; getting first apartments on our own; our first times trying previously forbidden things; making career choices; romances, break-ups and marriages - they were all things that drew us further away from our families. As exciting as independence was, there was a sense of loss at not being able to share as much as we used to with our parents and siblings. Sometimes we made some bad decisions, as have our kids. No matter what, we were always welcomed back to our parent's home and have welcomed our kids back to ours.

As I thought about how we move away, and yet never leave our families; the more I realized how true that has been in our relationship with God. He has let us experience life on our own terms and we have directed our lives in such a way that we have experienced both joy and sadness. Sometimes we have not acted the way He would prefer us to act and that has probably caused him some pain and sadness. Even so, He has always loved us and held His arms open for us. No one ever told us we were not welcome in His house. The more we turn to Him the more welcome we feel. I hope you find the same sense of home that we have felt with God.



THE STORK HAS LANDED!

Let 's welcome Isabella Ruth with a shower of freezer food and diapers!



**Join us in the Parish Hall on
January 15, 2012 at 11:45 am**

Main dishes, breakfast muffins, quick lunches, some soups, and a few desserts are all welcome.

Need more ideas? How about ...Casseroles, soups, components of a dinner (cooked chicken or beef to add to salads/ to top pasta or rice), be creative with meatloaf in muffin tins, or a breakfast treat like muffins, pancakes and applesauce or frozen breakfast burritos (scrambled eggs, sausage, cheese and salsa)

Please bring all food already frozen, labeled and in disposable pans, so there are no dishes to worry about returning or washing!

Make sure the cooking instructions are clearly marked.

A laundry basket for bringing home the goodies.
Paper plates, and napkins, too!

*Congrats
on your new
arrival!*

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

Imagine kids trusting God forever... the sky's the limit!

The Thrill...The Joy...The Freedom!

Every kid wishes they could fly!

At Sky VBS, kids discover that by trusting God, everything is possible.

Save the date; you won't want to miss this week at Saint Matthew's!

Pilgrimage to the Holy Land



Saint Matthew's is planning to offer a pilgrimage to the Holy Land in 2014. A pilgrimage is a journey to a site at which God has revealed Himself in the past. Trips to the Holy Land allow you to see the location of Jesus' birth, ministry, and crucifixion. Additional details will be forthcoming, but the cost of the trip will be between \$3,500 and \$4,000 per person. We realize this is a considerable sum, thus we are beginning to advertise the trip early so you have an opportunity to save for the trip.



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 A Way of Living



I pray you and your family had a wonderful advent season. January is a time when many of us take a look at the prior year and set some resolutions for the New Year. If you are like me, you have high expectations and set many resolutions but are lucky if you achieve one of your goals (which is still a success).

This year I plan to start small. I am going to ask God what ONE thing I should do to be a better steward of the gifts He has given me.

It might be to give a little more money towards doing His will. It might be taking my efforts to preserve this Earth a step further. I might be called to do a little more volunteer work this year or to share the little wisdom I have with others to steer them past some pitfalls. I do not have my answer yet, but I know

I will have it soon. Whatever the more step towards being a better me in 2012. Please feel free to ask journey, Dan Robertson.



answer is, I plan on taking one steward of God's gifts to the question and join me in this

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, Bitu, 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

It's that time of year again. We will be having a Small Group Kick-off in January. Be on the look out for the exact date. It will be on a Sunday after Church so everyone will have a chance to sign up for a group. We will be adding a new small group on marriage led by Pat and Jean Pritchett. What a great group that will be! It's not for couples only so if you want to discuss marriage issues, this is your group. We will be continuing our men's group, women's group, parents of small children group and a group that is talking about science and Christianity. We also have the Knit 2 Pray 2 and the Card Crafting for the Community group which makes cards from scratch for Saint Matthew's to use. So we have many



opportunities for you to grow along side of others. Jesus always meant for our Christian walk to be with others and this is your chance to participate in small group life.

Some of these groups already have set meeting dates and some do not. Visit these groups at the kick off and find the group that best interests you.

If you have an idea for a small group, or are looking for a small group to join, contact Vicki Nelson at van@sacklaw.com.



Mission Trip 2012

This year we will be offering 2 domestic youth mission trips (both a rural and an urban trip), as well as an adult return trip to Haiti.



The first youth trip, an urban trip to **Washington, D.C.**, will be the week of June 17th thru the 23rd (Sunday thru Saturday). This trip will be hosted by CSM - The Center for Student Missions (www.csm.org). This trip will include working with children in kid's camps as well as a variety of service projects such as soup kitchens, food banks, and visiting with the elderly.

The second youth trip is a rural trip to **Appalachia**, the week of July 22th - July 27th (Sunday thru Friday). This trip will be hosted by AIM - Adventures in Missions (www.adventures.org). This trip will also include working with children as well as service projects with local ministries.

20 spots are currently reserved for each trip. It may be possible to add additional spots, but this cannot be guaranteed as these trips do fill up quickly. If you are interested in attending please sign up as soon as possible so we can determine if more spots are needed for either trip. Sign-up sheets are located on the Spiritual Formation bulletin board. The cost of each trip is \$550, and a \$100 deposit is required to reserve your spot. An Information meeting will be held in early February. Should you have questions about either trip prior to then, please feel free to contact Mary Petersen at mjpteach@yahoo.com.

A return trip to **Haiti** is also in the works at this time. This trip will be limited to those 18 and above. The final date has not been determined, so please watch for additional information to come. This trip will be lead by Fred Brittain (Fred_Brit@hotmail.com) and Thomas O'Neill (tantoneill@verizon.net). Please feel free to contact either of them for further details.



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.

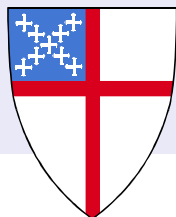
Sunday Service Times

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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Mark your calendar
for the
Annual Meeting
January 29th, 2012

«FamilyLabelName»
«Address1» «Address2»
«CityStateZIP-Formatted»



Don't miss out!!

There are only a few dates remaining to have your family picture taken for inclusion in the new Saint Matthew's photo directory.

January 7th (4pm - 7pm)

January 8th (8:45am - 12:30pm)

January 15th (8:45am - 12:30pm)

