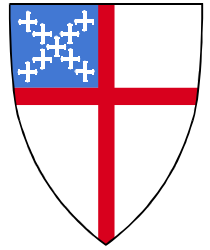


Saint
Matthew's
Episcopal Church



201 East Frederick Drive • Sterling, VA 20164

January 2011 Newsletter

FROM THE RECTOR ROB MEROLA



Dear Friends,

If you could do anything at all in 2011, what would you do?

We might be tempted to answer with something like, “*If I could do anything at all in 2011, I’d travel around the world.*” Or maybe, “*I’d go fishing for taimen (the world’s largest trout) in Mongolia.*” Or, “*I’d buy a Ferrari.*”

Maybe.

But if we think about it a little more deeply—and I’d suggest that might be well worth doing—I don’t think those are the things we’d choose at all. If I could be a better husband or father in 2011, that would trump traveling around the world, wouldn’t it?

If I could do better work—gain greater mastery in my calling—that would be even more desirable than fishing for taimen, wouldn’t it? If I could improve myself in some way, maybe better manage my time, live healthier, or become a more generous person in general, that would be ultimately be more satisfying than buying a Ferrari, right? Hmmm.... I may need to get back to you on that last one!

And the thing is, although we may not be able to travel the world, or fish for taimen, or buy a Ferrari, I probably can be a better husband and father. I probably can gain greater mastery in practicing my vocation. I probably can improve myself. But make no mistake about it—it will take hard work. Drifting through life will not get us there.

That hard work begins by gaining clarity about what a good husband, mastery in a chosen craft, being a more generous person, or whatever it is that you want most in 2011, looks like. We’ll then be able to see what needs to be done, and rigorously proceed to do it.



Conversely, if we don’t have any idea of what we’d like to achieve in 2011, then the chances are we won’t do much of anything except drift along with wherever life takes us. As good as our life may be, it won’t be likely to get any better—and I don’t think any of us have lives that are so good, that at least in some areas, they couldn’t stand improving.

And if there are areas of our life that maybe aren’t so good... well, you see where this is going, don’t you? It’s our choice, friends. Life as usual—as it’s always been in the past? Or, do we resolutely commit to bettering ourselves, our relationships, and our world?

One more thought. For those of us who do consider ourselves “Christians,” I invite you to seriously consider with me the question of how we can be more deeply devoted to Jesus in 2011. How can we better Christians? And just maybe, isn’t that the most important question of all, the one from which everything else flows? May God give us the grace in 2011 to not only discern where he is leading, but also to “delight in his will as we walk in his ways”.

Faithfully,
Rob+

INSIDE THIS ISSUE	
<i>January Calendar</i>	2
<i>Haiti Mission Trip</i>	3, 4
<i>Outreach</i>	5
<i>Stewardship</i>	5
<i>Youth Mission Trip</i>	6
<i>Small Groups/Memorial Gifts</i>	6
<i>WATCH</i>	7

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 Two Services Only 8 am Contemp. Eucharist 10 am Eucharist Rite II 3 pm MCVN 4:30 pm LOL Band Practice 5:30 pm LOL Food & Fellowship 7 pm Prayer Group	27 7 pm MCVN 7:30 pm Free to Live NA	28 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Boy Scouts	29 12 pm AA 7 pm Faith Family Christmas Party	30 6:45 pm Choir Rehearsal	31 7 pm MCVN	1 7:30 am Men's Group 7 pm MCVN and AA No 5 pm service
2 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 3 pm MCVN 4:30 pm LOL Band Practice 5:30 pm LOL Food & Fellowship 7 pm Prayer Group	3 9 am Classroom of Discovery 7 pm MCVN 7:30 pm Finance Comm Mtg 7:30 pm Free to Live NA	4 9 am Classroom of Discovery 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Boy Scouts	5 9 am Classroom of Discovery 12 pm AA 7 pm LOL Recharge	6 9 am Classroom of Discovery 6:45 pm Choir Rehearsal 7 pm Interior Renovat Committee Mtg	7 9 am Classroom of Discovery 7 pm MCVN	8 7:30 am Men's Group 8 am Fellowship 10 am Breakfast 5 pm Knit 2, Prayer 2 5 pm Eucharist Rite II
9 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 11:45 pm Mission Trip Mtg Chicago 3 pm MCVN 4:30 pm LOL Band Practice 5:30 pm LOL Food & Fellowship 7 pm Prayer Group	10 9:am Classroom of Discovery 7 pm MCVN 7:30 pm Free to Live NA	11 9 am Classroom of Discovery 10 am SAGE 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Boy Scouts 7 pm Outreach Comm Mtg	12 9 am Classroom of Discovery 12 pm AA 7 pm LOL Recharge 7 pm WATCH	13 9 am Classroom of Discovery 6:45 pm Choir Rehearsal 7 pm Building Comm Mtg	14 9 am Classroom of Discovery 7 pm MCVN	15 7:30 am Men's Group 5 pm Eucharist Rite II 7 pm MCVN and AA
16 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 3 pm MCVN 4:30 pm LOL Band Practice 5:30 pm LOL Food & Fellowship 7 pm Prayer Group	17 7 pm MCVN 7:30 pm Free to Live NA	18 9 am Classroom of Discovery 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Boy Scouts 7 pm Vestry	19 9 am Classroom of Discovery 12 pm AA 7 pm LOL Recharge 7 pm WATCH	20 9 am Classroom of Discovery 6:45 pm Choir Rehearsal	21 9 am Classroom of Discovery 7 pm MCVN	22 7:30 am Men's Group 8 am Fellowship 5 pm Breakfast 7 pm Eucharist Rite II 7 pm MCVN and AA
23 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 12 pm Annual Meeting 3 pm MCVN 4:30 pm LOL Band Practice 5:30 pm LOL Food & Fellowship 7 pm Prayer Group	24 7 pm MCVN 7:30 pm Free to Live NA	25 9 am Classroom of Discovery 10 am Dig a Little Deeper 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Boy Scouts	26 9 am Classroom of Discovery 12 pm AA 7 pm LOL Recharge 7 pm WATCH	27 9 am Classroom of Discovery 6:45 pm Choir Rehearsal 7 pm Building Comm Mtg	28 9 am Classroom of Discovery 7 pm MCVN	29 7:30 am Men's Group 5 pm Eucharist Rite II 7 pm MCVN and AA
30 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 3 pm MCVN 4:30 pm LOL Band Practice 5:30 pm LOL Food & Fellowship 7 pm Prayer Group	31 9 am Classroom of Discovery 7 pm MCVN 7:30 pm Free to Live NA					

January

MISSION TRIP TO HAITI

DAVE DIEGTEL

Saint Matthew's is going back to Haiti in August of 2011!

I will be personally involved in helping to recruit, plan, and prepare for the trip, so thought it would be important to share some of my experience from the Haiti Mission trip of August 2010.

The January 2010 Haiti earthquake affected approximately three million people; the Haitian government reported that an estimated 230,000 people had died, 300,000 had been injured and 1,000,000 made homeless, breaking up families and creating thousands of orphans.

They also estimated that 250,000 residences and 30,000 commercial buildings collapsed or were severely damaged. It is this damage that has made it so difficult to recover quickly without any basic infrastructure. Even a year later, things have only improved marginally, and in many cases, things are worse off, such as the introduction of the cholera threat.

Here is a brief overview of our trip:

Day 1 (August 7):

During the trip from the airport to the Church where would stay (deep in the Carrefour section of Port Au Prince), I experienced the worst human living conditions I have ever seen in my 42 years on the planet. The drive through Port Au Prince took about 90 minutes, and it is possible that we only covered about 15 miles. This is because the streets are broken; there are no traffic lights and apparently no traffic rules. Because of this, and the very poor condition of the cars and trucks, there were many stoppages.

There were very few architecturally sound buildings, mostly tent cities, and people showering in the streets. I think I can speak for all of the team members, this first impression of Haiti and its people was much worse than we could have prepared for or imagined.

After arriving at the Church compound and setting up our rooms, it then dawned on me exactly how hot and uncomfortable that I was. I knew it would be hot and humid, but without windows, air-conditioning, refrigeration or ice-cubes, we were hot 24/7. Particularly at night, you just have to sweat and let your body's cooling systems operate. Thankfully, we had access to as much clean water as we needed. I would say by Day 3, I had adjusted to it.

Day 2 (August 8)

This day involved a trip to a Church service (3 hours or so) next to a school house where we would work during the week, and then a trip to a girl's orphanage where we would spend time and share gifts. In my mind I kind of looked forward to the orphanage trip because we would have our first chance to give the people of Haiti some of the gifts we gathered, such as art supplies and soccer balls.



The volunteers!

After another 90 minute drive through Port Au Prince we arrived at the girl's orphanage, or at least we stopped in the middle of broken down neighborhood, next to a giant steel door. When the door was opened, it revealed an open air lot surrounded by a 15 foot brick wall. At first I thought this was the orphanage's play area, but soon realized that this was the orphanage. Three USAID tents to the right and one to the left. Basically the grey cement play area below was a former residence (crushed to gravel). These were no conditions for 28 girls aged 5 to 16 to live. A cracked water pipe provided a water source and the walls around provided some protection, but not much.

The next two hours of meeting and playing with the girls was exciting for them but it was heart-wrenching for us. We saw their bright smiles and trusting attitudes. This experience more so than any other that week gave me so much perspective of the poor living conditions there are in this world. But there was also inspiration in witnessing the power of Christianity, the human spirit, genuine compassion and humility. The girls were wearing new dresses that were provided by another PPM team, and sang us a song to show their appreciation. Needless to say, the ride home from this experience was as tough.

Day 3, 4 and 5:

These were the three primary work days during the trip. After driving for hours through Port Au Prince the first two days and then the orphanage trip, these next few days allowed us to take our minds off everything that was wrong with Haiti, and focus on working hard, showing them that we care, and helping achieve progress at the worksites.

Work Site #1:

This site was a building foundation of a future 1,000 person schoolhouse. As you can see in the picture below, this was a basic brick



and mortar operation. Our team was plugged into a bunch of local contractors that had already been working the site for a few months. We would work at this site every day in the morning.

For many, this worksite was a chance to provide hard labor, build relationships with the local families, or even provide much needed language translation. The local workers were extremely friendly, appreciative of our support, and in many cases, became pen pals that we continue to communicate with today. They were also very skilled craftsmen, who were smart to delegate assignments such as cleaning up each room, filling and emptying wheelbarrows, or making cement.

Work Site #2:

The three afternoons I spent at Work Site #2 were some of the most physically demanding, but also some of the most rewarding. Plugging into this work team was much more of a challenge, as these less skilled, hourly workers, were not as willing to allow us into their team until we had proven ourselves.

Pick ax, shovel, and wheelbarrow were the only skills required here, but the work was grueling and didn't provide the gratification that you would ever get anywhere. This was also somewhat dangerous with sand and rock flying around, most of these workers not even wearing shoes.

We even unearthed a live tarantula at one point, which provided a chance for some fancy International Relations, as my beliefs in environmentalism were challenged by the reality of six inch wide tarantula and twelve locals that wanted to smash it with shovels. The tarantula survived!

There was some mocking and laughing at our expense, but as the hours and days went on, they began to loosen up as we proved our willingness to work hard. By the end of this week, we had developed very deep and meaningful relationships with this group. I struck a relationship with Antoine Victor. It is my understanding that this house site is near completion.

One of the most amazing things about this trip was the team chemistry. Everyone had some valuable skill that the Haitians needed, whether it was hard labor, language translation, playing with the local children, or leading evening prayer sessions and discussions. These sessions in particular were invaluable in allowing each member to process the day's events, share stories, and keep spirits up for the following day.

I am proud to say that I was a member of the 2010 Haiti PPM Mission and am stepping way outside my proverbial box by leading the team back in 2011! I hope you will join us. Email me at Diegtel4@aol.com to sign up or for more information on our 2011 trip.



Received new clothing for Christmas?



Cleaning out the old to make room for the new?

Charlie's Place, an outreach ministry of St. Margaret's Episcopal Church in Washington DC, serves breakfast and distributes clothing to the homeless.

When we served at Charlie's Place on our Washington DC mission trip, we noticed that they were in desperate need of men's winter clothing, especially sweaters.

Donations of clean, slightly used, men's jeans, slacks, shirts, and sweaters will be collected on Sunday January 9th for delivery to Charlie's Place.



Socks are also in need, but new would be preferable.

For information contact Mary Petersen at 703-404-3815 or mjpteach@yahoo.com



THANK YOU ST. MATTHEWS, FOR ALL YOUR DONATIONS!!!



For the Holiday Coalition Star Tree: 80 families donated 733 items of toys, clothing, jewelry, and toiletries

For the Mountain Mission School: 200 + Love Boxes were filled for the students

For LINK: Lots of coats, winter wear, and many bags of groceries

To the Knit 2 Prayer 2 Group: for knitting many hats, mittens, scarves, and blankets for the Star Tree and Love Boxes

It could not have been such a success without all of your help!!!!



STEWARDSHIP CAMPAIGN 2011

RICHARD LEACH



I wanted to take this opportunity to provide you with an update on our stewardship campaign for 2011. As you recall, during a stewardship campaign, each of us is asked to prayerfully consider pledging to the local church to support the ministries and mission of that local church.

As of December 17, 2010, Saint Matthew's has received 88 pledges for a total of \$380,500. To those that have turned-in a 2011 pledge to Saint Matthew's, THANK YOU! To those who have not yet done so, I urge your to seek the Lord's guidance to help determine if you should pledge and how much to pledge. If you are unsure how to pledge, please find me and I will be happy to give you a pledge card and answer any questions that you might have.

Our goal is to raise \$450,000. Thus far our average annual pledge is just over \$4,300. If we can maintain that annual average, we need 16 more pledges to reach our goal. If you have not pledged, please consider helping us. Last year we collected 108 pledges.

Saint Matthew's is a wonderful church and we have a wonderful congregation. I am touched by your continued generosity. I want you to know that it is very much appreciated.

I wish you the best in your financial life with God,
Richard Leach
Finance Committee Chair

2011 YOUTH MISSION TRIPS

RICHARD LEACH



Mission trips are spiritually rewarding and can be life changing. We hope as many of our youth can attend as possible. During the summer of 2011, we will be sponsoring the following youth mission trip. This trip is open to any rising 9th grader through college age student. Some of the basic details are:

Domestic mission trip to Chicago. The trip dates are July 17 through 23, 2011. Mary Petersen will lead this trip. Cost \$550.

A sign-up sheet is posted on the bulletin board.

Additional details regarding this trip will be discussed in an upcoming mission trip team meeting, currently scheduled for January 9th at 11:45. However, if you have any questions, please direct them to Mary Petersen.

Mission trip payments can be made in installments. The payments will be \$100 and due on the first Sunday in January, February, March, April, and May. The final \$50 will be due on the first Sunday in June. Checks should be made payable to Saint Matthew's, indicate "Mission Trip" in the memo line, and either put the check in the offering plate.

It is realized that mission trips are expensive. We never want money to stand in the way of someone attending a mission trip. Thus need based partial or full scholarships will be available. Please see Mary Petersen or Richard Leach for details on these scholarships.



SMALL GROUPS COMING TO ST. MATTHEWS

The Spiritual Formation Committee has been developing a small groups program for St. Matthew's parishioners. The goal is to provide additional opportunities to grow in our faith through connections with others by studying/discussing a variety of topics from bible and book studies to commonalities such as crafts or cooking.



The groups can set up their own schedule and meet wherever they wish. There will be a few structural guidelines and a trained leader for each group. We will begin in January by offering a few groups – one open bible study group, one closed bible study group and one group for parents of young kids. We are working on additional offerings and hope to formally kick-off this program next Fall with even more small group offerings. Watch the bulletins for more information about these groups.

If you have any questions, please contact Vicki Nelson at van@sacklaw.com.

MEMORIAL GIFTS/THANKSGIVING GIFTS/PLANNED GIVING

RICHARD LEACH

The Vestry and Finance Committee have established an endowment fund for Saint Matthew's. An endowment fund is a financial instrument whose goal is to have the principal live in perpetuity and fund ministry activity via income derived from principal investment.

You can help. Funding sources will include:

- Celebrating a special event in the life of your family with a gift.
- Providing a gift as a memorial to an individual.
- Making a bequest from your estate to the endowment fund.

All of these endowment fund donations will allow the gift to "live forever". And, you will have the satisfaction of knowing that the income from your gift will be funding ministry work here at Saint Matthew's.

As you plan your financial future, please remember our Saint Matthew's endowment fund.

If you have any questions, please contact Richard Leach (rpleach1226@aol.com or 703-421-6310). Thank you.

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:

Charlene, Pat, M.J.'s Grandmother, Terry, Terry's Family, Velma, Arthur, Mikie, Sheila, Robert, Joan, Steve, Wayne, Lisa, Jim, David, Sanchez Family, Karl and Katherine, Larry, Ollie, Luanna, Barbara, Kermit, Fred, Sylvia, Betty, Albert, Cheryl, Vera Victoria, Ms. Keyes, Jose, St. Matthew's College Students, Pat, Randy, Barbara O'Connor, Sean and Kate, Lisa, Emily, Sean, Ray, Judy, Wendy, Susan, Amy, Bill, Nancy, Pat, Georgina, Betty, Pearl, Shirley, Kim, Virginia, Lewis, Mel, Jenny and family, Andy, Webster, Charles, Kelly, Fred, Liz, Tom and Family, Karen, Cabat, Kelly, Viola, Eleanor B., Bonnie, Marcus, Harriet, Susan, George, Marshall, Rich, Larissa, Sean, Kate, Lisa and Family, Cindy, Jane, Tara, Kim, Althea, Isaac, Robyn, Cindy, Gladys and Ralph, Luis, Delia, Richard, Jane, Chuck, Dwight, Susan.



WatCH Offering – Winter, 2011



Twenty years ago the groundbreaking book *The Seven Habits of the Highly Effective Person* was published, and it remains a best seller even today. With more than *ten million* (!) copies sold, it is clear that a great many people have found in its pages the skills they need to lead a better life.

While this book is a relatively new one, the principles found in it are not. For instance, long before Stephen Covey showed us the power of mental maps, King Solomon taught that *As a person thinks in their heart, so he is*. Before Covey even mentioned paradigm shifts, the Apostle Paul wrote, *Do not conform to the pattern of this world, but be transformed by the renewing of your mind*.

In the next WatCH session from January 12 through March 2, we will be looking at the vast storehouse of Biblical wisdom to discover how the seven habits of highly effective persons are taught in the Scripture of the Old and New Testaments with our usual emphasis on practical application and positive life skills. The class will be in the Sanctuary at 7:00 p.m. each Wednesday during this time. We hope to see you there!



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
OfficeManager@stmatthewsterling.org

Wardens & Committees

Senior Warden

Ed Goloway
edgoloway@falconsresidents.org

Junior Warden

Darrell Breed
Darrellandmerry@verizon.net

Community

Mary Petersen
MJPTeach@yahoo.com

Outreach

Cathy Paine
Painecj@verizon.net

Pastoral Care

Luanna Hansberger
Nappie5@yahoo.com

Spiritual Formation

Vicki Nelson
van@sacklaw.com

Sunday School

Caroline Coghill
ccoghill515@gmail.com

Youth Group

Pete Hart
PFHart@gmail.com

Services

Saturday 5:00 p.m.

Sunday Service Times

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

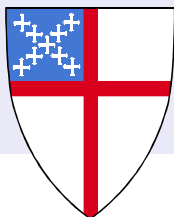
LOL Youth Service

Sunday 5:30 p.m.

Phone: 703-430-2121

Fax: 703-430-2635

www.stmmts.org



GoodSearch

YOU SEARCH, WE GIVE

Did you know there is a painless way to raise money for Saint Matthew's? It is called Goodsearch. Saint Matthew's will receive funds if you use Goodsearch in two ways:

- (1) As a search engine - Saint Matthew's will receive one penny for each internet search you make.
- (2) For on-line purchases - if you make on-line purchases through Goodsearch, Saint Matthew's will receive a percentage of your purchase from the Goodsearch vendors.

Using Goodsearch is easy:

- (A) You can find it at www.goodsearch.com.
- (B) After arriving at the home page - where it asks you to enter your charity here... type "st matthews" (no period and no apostrophe) and hit Verify.
- (C) Scroll down the list of names until you find St Matthew's Episcopal Church (Sterling, VA) and click on it.
- (D) Then search away or purchase away (the vendors are shown under Goodshop).

M *Saint
Matthew's*

Episcopal Church

201 East Frederick Drive
Sterling VA 20164-2387

CHANGE SERVICE REQUESTED

NON-PROFIT ORG.
US POSTAGE
PAID
STERLING VA
PERMIT NO. 9