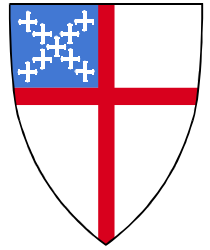


Saint
Matthew's
Episcopal Church



201 East Frederick Drive • Sterling, VA 20164

March 2011 Newsletter

FROM THE ASSISTANT RECTOR ANNE MACNABB



“Remember you are dust and to dust you shall return.” These are the words that begin the season of Lent. These are the words that shock us all each year when we hear them on Ash Wednesday and remind us of our own mortality. We’ve had too many reminders of mortality recently. Not only do we have natural disasters and unspeakable violence in the news, seemingly all the time, this winter we suddenly lost two of our members – Dan Steinman and Mike Majewski. Both men were in their early 50’s that died suddenly - leaving a wife and teenage children behind. Events like this shock us and, once again, remind us of our own mortality. It could happen to any of us, at any time.

As priests, Rob and I have the privilege of helping families deal with loss. So often when tragedies like these strike there are many questions that are left unanswered and families are left scrambling to make decisions quickly not really knowing if they are doing the right thing or if they are doing what their loved one would want. They so want to honor the person who has died, while at the same time being overwhelmed by their sudden loss. It really is one of the most stressful situations any family can face.

The best thing any of us can do for our families is to answer all of those questions for them. If we have our affairs in order: wills, living wills, funeral plans, and all of our wishes spelled out, we provide comfort to our families in the time of their sorrow. While we all know this is true, we often put off doing such things because the paperwork just seems overwhelming. We don’t know where to start or who to trust. We also need to think about what we believe about death, end of life issues and medical ethics. What does the church think about such things?

This Lent, Saint Matthew’s wants to help you with this task. Our Lenten series this year is going to be on end of life issues, what we believe about death and what we can do to get our affairs in order. We will offer practical advice and tools for getting wills completed, living wills and medical directives established, even getting medical powers of attorney in place. This is a very practical five week series from which every adult in our community can benefit.

None of us really likes to think about death. None of us wants to deal with all of the legal paperwork that is needed in order to make sure our affairs are in order. So many of us tend to put it off and put it off, but none of us know what the future holds and when our families will need those things. The best thing we can do to prepare to meet our Lord is to get our affairs in order in this life. Are you ready? Is your estate planned? If not, you need to join us.

Anne+

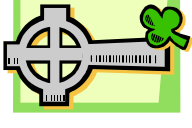
Shrove Tuesday Pancake Supper Tuesday, March 8th International House of Pancakes

46931 Cedar Lake Plaza, Sterling - (703) 421-5784

Present a Saint Matthew’s coupon and the church will earn 20% of the proceeds. Download the coupon from our website at:
www.stmtts.org

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March



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|--|---------------------|---|
| 27 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 3 pm MCVN 5:30 pm LOL Food & Fellowship 7 pm Prayer Group | 28 7 pm MCVN 7:30 pm Free to Live NA | 1 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Boy Scouts | 2 9 am Classroom of Discovery 12 pm AA 7 pm LOL Recharge 7 pm WATCH | 3 7 pm Interior Renova Committee Mtg 7 pm Choir Rehearsal | 4 7 pm MCVN | 5 7:30 am Men's Group 8 am Fellowship Breakfast 5 pm Eucharist Rite II 7 pm MCVN and AA |
| 6 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 1:30 pm Newcomer's Reception 3 pm MCVN 5:30 pm LOL Food & Fellowship 7 pm Prayer Group | 7 7 pm MCVN 7:30 pm Finance Comm Meeting 7:30 pm Free to Live NA | 8 Pancake Supper 10 am Sage 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Boy Scouts | 9 6 am Ash Wednesday 9 am Classroom of Discovery 12 pm AA 12 pm Ash Wednesday 7:30 pm Ash Wednesday | 10 7 pm Choir Rehearsal 7 pm Building 7 pm Committee | 11 7 pm MCVN | 12 7:30 am Men's Group 10 am Knit 2, Prayer 2 5 pm Eucharist Rite II 7 pm MCVN 7 pm AA |
| 13 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 3 pm MCVN 5:30 pm LOL Food & Fellowship 7 pm Prayer Group | 14 7 pm MCVN 7:30 pm Free to Live NA | 15 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Boy Scouts 7 pm Vestry | 16 9 am Classroom of Discovery 12 pm AA 7 pm LOL Recharge 7 pm WATCH | 17 7 pm Choir Rehearsal 7 pm Haiti Mission | 18 7 pm MCVN | 19 7:30 am Men's Group 8 am Fellowship Breakfast 5 pm Eucharist Rite II 7 pm MCVN 7 pm AA |
| 20 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 3 pm MCVN 5:30 pm LOL Food & Fellowship 7 pm Prayer Group | 21 7 pm MCVN 7:30 pm Free to Live NA | 22 10 am Book Group 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Boy Scouts | 23 9 am Classroom of Discovery 12 pm AA 7 pm LOL Recharge 7 pm WATCH | 24 7 pm Choir Rehearsal 7 pm Building 7 pm Committee | 25 7 pm MCVN | 26 7:30 am Men's Group 5 pm Eucharist Rite II 7 pm MCVN 7 pm AA |
| 27 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 3 pm MCVN 5:30 pm LOL Food & Fellowship 7 pm Prayer Group | 28 7 pm MCVN 7:30 pm Free to Live NA | 29 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Boy Scouts | 30 9 am Classroom of Discovery 12 pm AA 7 pm LOL Recharge 7 pm WATCH | 31 7 pm Choir Rehearsal | 1 7 pm MCVN | 2 7:30 am Men's Group 8 am Fellowship Breakfast 5 pm Eucharist Rite II 7 pm MCVN 7 pm AA |

SENIOR WARDEN REPORT

DARRELL BREED



Greetings,

Can you believe it is March already? So much is happening at Saint Matthew's right now it is hard to keep up with it all. We have a new building taking shape; we have small groups forming and beginning new ministries; old ministries continue with renewed vigor. I am constantly amazed at all we do, especially considering the limited facilities we have had to work with for the last several years.

You would think we would be cutting back because of the inconvenience caused by the demolition and construction process. But we are not! People are adapting and making do with what we have. We have people meeting in each others homes. We are reaching out to each other in ways we have not done in the past. We continue to gather for four worship services each weekend to be inspired by the words Rob and Anne have to share with us. Yes- parking is an adventure! We never know from one week to the next exactly

how many parking spaces will be available as we contend with construction equipment and materials, not to mention ice and snow. Somehow, we continue to make it work. No doubt, God is at work in our midst.

I'm convinced we are becoming stronger as a congregation. We are working together to continue the many ministries we already have. We will soon have a new facility with much more space to share with each other and the ministries needed in our community. I would challenge us to seek even more ministries during this period of inconvenience. Now would be an excellent time to be thinking and dreaming of new ways to help our members and community so that when we can at last start using our new facilities we will be ready to use them to the fullest.

I am grateful for the opportunity to serve as your Senior Warden for the coming year. I think we have a dedicated group to serve as your Vestry in 2011. They have a challenge ahead of them as they try to live up to the standards set by your previous Vestries. I have no doubt they will meet that challenge. We all look forward to continuing the good works the Lord has set for us. With your continued support, Saint Matthew's will grow into the Church we are called to be.

More Information On Small Groups



DOING LIFE
TOGETHER

Jesus was a small group leader. He recruited 12 men to follow him, and thus the first small group for spiritual formation was found. Jesus did many great things in large groups (the Sermon on the Mount for example), but he lived in a small group. He would sometimes go off to be alone, to regenerate and rejuvenate, but he lived in a small group. Jesus also taught by doing. He practiced group discipleship and he modeled it for us. He commanded us to live as he lived – in love for all and in full devotion to God. His example was that this is best done by living within a small group.

We will keep you updated with our plans for a small group program at St. Matthew's. We have started a couple of groups, but there will be a full kick off in the Fall. Keep watching the bulletins and newsletters for more information about this exciting program.

If you have any questions or want to be part of this, please contact Vicki Nelson at van@sacklaw.com.



Lenten WatCH Series

Getting Your Affairs in Order

Would you trust yourself to perform heart surgery? Probably not. And that is a very good thing, because most of us simply do not know enough, or have enough practice in the skills required, to be prepared for something of that magnitude.

I wonder, then, why we think we have done all that is necessary to be prepared for an event of far greater magnitude: Meeting God Almighty!

This Lent, we want to help all of us do a better job of preparing for this day. The only way to do that is to Get Your Affairs in Order - Now!

So, join us for a five week, Lenten WatCH series. We will meet each Wednesday evening from March 16 - April 13, at 7:00pm in the sanctuary.

We will discuss who God is, what we believe about death and heaven, how we make the most of our relationships now and such things as: wills, living wills, funeral plans, and final wishes.

This is a series you can't afford to miss.

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's Family, Karl, Katherine, Larry, Ollie, Luanna, Barbara, Kermit, Fred, Sylvia, Betty, Albert, Cheryl, Vera, Victoria, Ms. Keyes, Jose, St. Matthew's College Students, Pat, Randy, Barbara, Sean, 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, Dan, Jane, Tara, Kim, Althea, Isaac, Robyn, Cindy, Gladys, Ralph, Luis, Delia, Richard, Jane, Chuck, Dwight, Susan, Gabby, Sharon, Lloyd, William, Marcus, Jackie, Ruth, Lisa, Judi and Kathleen, Kathy, Tammy, Scott, Robbie, Steve and Josh.

Ash Wednesday Liturgy with Imposition of Ashes

Wednesday, March 9th at
6am, 12pm, and 7:30pm



Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

From the collect "Ash Wednesday" ~ The Book of Common Prayer



FLOWER DEDICATIONS FOR EASTER

The Flower Guild is asking for dedications to help fill the church with Easter flowers. Easter will be celebrated on April 24th this year. Dedications may be made by sending this form to the church office with your dedication and a check for any amount. **The deadline for sending a dedication is Friday, April 15th.** For more information, please contact Martha Olson at Hispanic_in_a_panic@verizon.net Kindly mail this form to the church office, or drop it in the offering plate on any Sunday prior to Friday, April 15th.

Given by: _____

In memory of, thanksgiving for, or celebration of:

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

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Darrell Breed
Darrellandmerry@verizon.net

Junior Warden

Fred Brittain
Fred_Brit@hotmail.com

Community

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Hatattersall@comcast.net

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Pastoral Care

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Spiritual Formation

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Rpleach1226@aol.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.

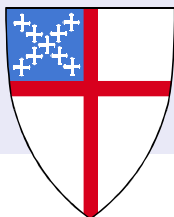
LOL Youth Service

Sunday 5:30 p.m.

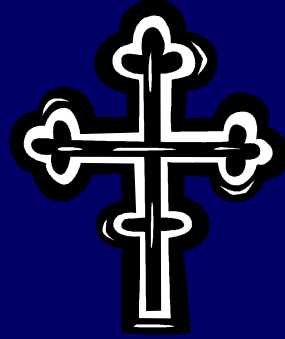
Phone: 703-430-2121

Fax: 703-430-2635

www.stmmts.org



Want to Learn More About Saint Matthew's?



For all new and current members/families who
want to hear about the vision, mission, and great
work in progress at Saint Matthew's.
Join us for a Newcomer's Reception
Sunday, March 6, 1:30pm – 3pm.

The reception will be held at the home of Peter
and Vicki Nelson: 20745 Eastlake Court,
Sterling, VA 20165
703-444-2077

Please RSVP to the church office if you plan to
attend: Office@stmmts.org



Episcopal Church

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