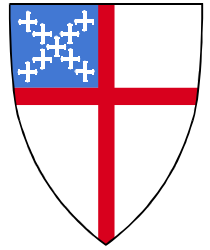


*Saint*  
**Matthew's**  
Episcopal Church



201 East Frederick Drive • Sterling, VA 20164

## May 2011 Newsletter

### FROM THE ASSISTANT RECTOR

ANNE MACNABB



God did not create hermits. Adam needed Eve. Jesus' example of ministry was always done in a community – a community of faithful followers who seemingly went everywhere together. While we sometimes treasure our “alone times” and a brief respite from the busy demands of life, we are, by nature, people of community. We need each other.

If we think about our lives, the best times in our lives always involve other people... whether it be a great date, a huge team win, graduations, weddings, welcoming children into the world... all of our really best experiences and fondest memories involve other people. We need each other.

For all of us who have been through life's transition times, we know the value of friends and family. We know that we never could achieve most of what we've done without them. But, if we are honest, we also know that some of our more difficult times have been trying times for those closest to us. The best thing we can do in times like these is to realize that we have more people in our lives than just our closest friends and family. We have our community of Saint Matthew's. We have each other.

The Saint Matthew's community has a helping spirit. We have a sense that our primary mission is knowing and sharing God's love. That sharing is obviously to the Sterling community, but most importantly it is to each other. We want to help each other and support each other throughout our lives together. We rely on each other in good times and bad. We celebrate each others successes but also support each other through life's difficulties. We have a fantastic pastoral care team to make sure that anyone who has a need, has support. We have each other.

So often when we are going through something, we think we “don't want to bother” anyone or inconvenience anyone. But, think about it. How many times do you wish a friend of yours had told you that they were dealing with something or had been ill and you didn't even know? Weren't you sorry you weren't there to help? We feel the same way. We want to help and want to be there – no matter how small the need. Do you need a ride to church? To the grocery store? Do you need meals brought to you? Would you like someone to visit you? To bring you Communion? Are you just going through a rough patch and need someone to talk to? If so, give us a call. We want to help. Our only problem is we don't always know what is going on with folks. When we only see each other on Sunday morning, we don't always take the time to catch up. If we miss a Sunday, we may assume you are just “taking the day off” and don't want to be pushy about where you were. Please let us know. Or, if you know of someone who is need, tell us that too, then we can follow up. Call the church office or call Bob Cranson, our Pastoral Care chairman. Call Rob or me. We are the Saint Matthew's community. We are here to help. We have each other.

Faithfully,  
Anne+

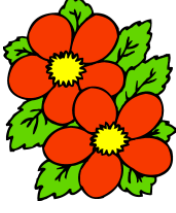
#### Children's Chapel

Starting Sunday, May 1st, children in Kindergarten - 5th grade are invited to join us for Children's Chapel on Sunday mornings during the sermon of the 9:15am service. Children's Chapel will be held in the rose garden and will feature a lesson and activity based on the day's gospel. We hope your children will join us!

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# May



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <b>Earth Day Celebration</b> 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II <b>11:45 am Parents Workshop</b> 3 pm MCVN 5:30 pm LOL Food & Fellowship	<b>2</b> 7 pm MCVN 7:30 pm Finance Comm 7:30 pm Free to Live NA	<b>3</b> 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Boy Scouts	<b>4</b> 12 pm AA 7 pm LOL Recharge 7 pm WATCH	<b>5</b> 7 pm Interior Renov. Committee 7 pm Choir Rehearsal	<b>6</b> 7 pm MCVN	<b>7</b> 7:30 am Men's Group 5 pm Eucharist Rite II 7 pm MCVN 7 pm AA
<b>8</b> 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	<b>9</b> 7 pm MCVN 7:30 pm Free to Live NA	<b>10</b> 10 am Sage 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Boy Scouts	<b>11</b> 12 pm AA 7 pm LOL Recharge 7 pm WATCH	<b>12</b> 7 pm Choir Rehearsal Building Committee	<b>13</b> 7 pm MCVN	<b>14 Youth Mission Trip</b> 7:30 am Men's Group 9 am Spiritual Formation 10 am Knit 2, Prayer 2 5 pm Eucharist Rite II 7 pm MCVN 7 pm AA
<b>15</b> 8 am Eucharist Rite I 9:15 am Contemp. Eucharist 10:30 am Eucharist Rite II 11:45 am Mission Trip Meeting 3 pm MCVN 5:30 pm LOL Food & Fellowship	<b>16</b> <b>Mission Trip Dinner:</b> <b>Atlanta Bread Company</b> 7 pm MCVN 7:30 pm Free to Live NA	<b>17</b> 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Boy Scouts 7 pm Vestry	<b>18</b> 12 pm AA 7 pm LOL Recharge 7 pm WATCH	<b>19</b> 7 pm Choir Rehearsal 7 pm Haiti Mission Trip	<b>20</b> <b>Drop Off Clothing for Trunk Sale</b> 7 pm MCVN	<b>21</b> 7:30 am Men's Group <b>8 am Trunk Sale</b> 5 pm Eucharist Rite II 7 pm MCVN 7 pm AA
<b>22</b> 7:30 am Eucharist Rite I 9:00 am Contemp. Eucharist 11:00 am Eucharist Rite II 3 pm MCVN 5:30 pm LOL Food & Fellowship	<b>23</b> 7 pm MCVN 7:30 pm Free to Live NA	<b>24</b> 10 am Book Group 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Boy Scouts	<b>25</b> 12 pm AA 7 pm LOL Recharge 7 pm WATCH	<b>26</b> 6:30 pm Choir Rehearsal 7 pm Choir Rehearsal 7 pm Knit 2, Prayer 2 7 pm Building Comm	<b>27</b> 7 pm MCVN	<b>28</b> 7:30 am Men's Group 5 pm Eucharist Rite II 7 pm MCVN 7 pm AA
<b>29</b> 7:30 am Eucharist Rite I <b>11:00 am Service at Algonkian Park and Picnic</b> 3 pm MCVN 7 pm Prayer Group	<b>30</b> 7 pm MCVN 7:30 pm Free to Live NA	<b>31</b> 7 pm AA 7 pm Band Rehearsal 9:15 7 pm Boy Scouts	<b>1</b> 12 pm AA 7 pm LOL Recharge 7 pm WATCH	<b>2</b> 7 pm Choir Rehearsal 7 pm Interior Renovation Committee	<b>3</b> 7 pm MCVN	<b>4</b> 7:30 am Men's Group 5 pm Eucharist Rite II 7 pm MCVN 7 pm AA

# SENIOR WARDEN REPORT

DARRELL BREED



My wife and I recently watched the last nine holes of this year's Masters Golf Tournament. It was incredibly dramatic with 10 or more golfers all within a stroke or two of each other, right up until the last couple of holes. I don't claim to be a golfer. In fact, I have a hard time understanding the fuss when a player shoots a 31 for the first nine holes of a round. After all, I can shoot that high and it only takes me three holes! I do however, appreciate the skill really good players bring to the game week after week. Add that to the incredible beauty of impeccably manicured golf courses such as Augusta National and it is easy to get wrapped up watching the game.

As I watched the Masters, I was fascinated by the vagaries of the game. A perfectly struck ball was sometimes followed by a short putt that incredibly lipped the cup and rolled on past the hole. Other shots that seemed to have no chance of allowing the golfer to make par, let alone below par, were often followed by shots that seemed to be magnetically drawn to the flagstick. How anyone can have the nerves to play a game like that day after day as the pros do just amazes me - and yet that is the way they make their livings. Someone would have to pick me up with a sponge after the first tournament.

Yes, golf is a complicated game and profession. So many things can change in the blink of an eye. Somehow, the pros put it all together keeping their minds and game entirely focused to achieve the best results. It seems to me, that as Christians, we have a similar purpose to our lives. We know what the goal is and what our prize will be. We have the choice of maintaining our focus and pressing ahead, or we can let ourselves fall to the distractions constantly trying to divert us from the path laid before us. I am told the secret to being a good golfer is to frequently practice ones game. That sounds like a good plan for the game of life as well. Frequently practicing our faith will keep us out of those sand traps that would keep us from being winners in the end.

## Parents Workshop Sunday, May 1st

**Join us on Sunday, May 1st at 11:45am for a showing and discussion of Consuming Kids, The Commercialization of Childhood, a documentary about the wholesale commercialization of childhood, raising urgent questions about the ethics of children's marketing and its impact on the health and well-being of our children.**

**This is a great opportunity to invite friends. Lunch and childcare will be provided.  
Please RSVP at [Office@stmtts.org](mailto:Office@stmtts.org)**



# CAPITAL CAMPAIGN UPDATE

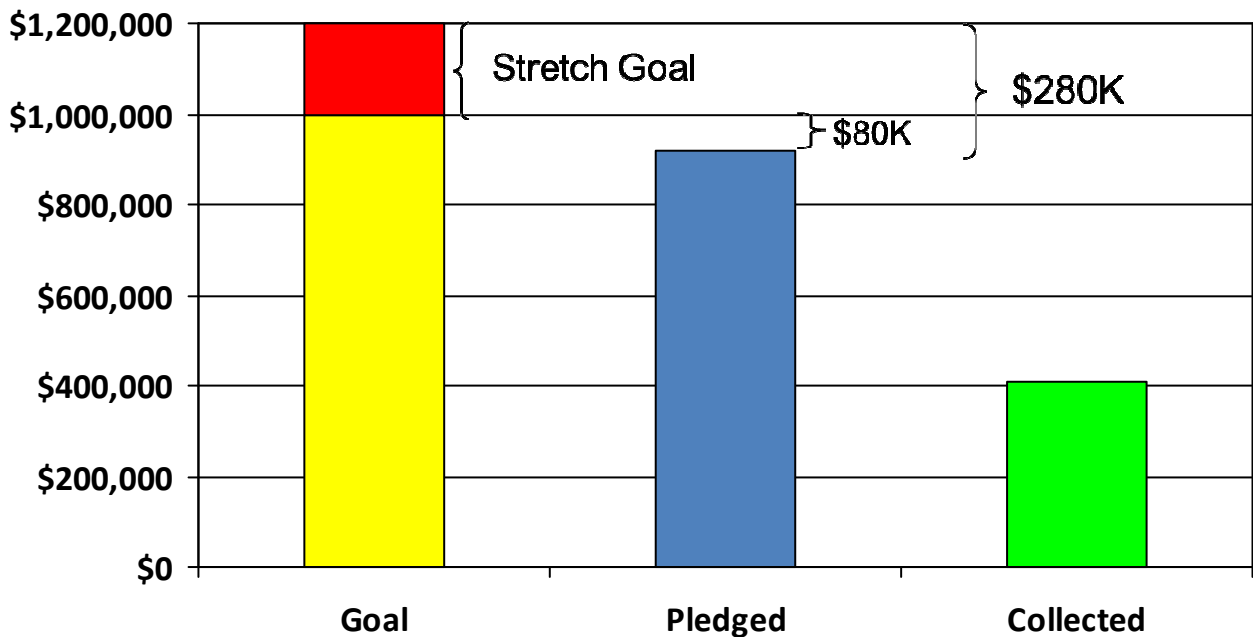
**RICHARD LEACH**



Our building expansion is underway. The Building Committee has done, and is doing, a wonderful job. We are well on our way to having more space to share so we can bring more people into a saving relationship with Jesus Christ. What an exciting time!!!

As we hope everyone remembers, our goal for our building expansion capital campaign is to raise at least \$1 million. Our stretch goal is to raise \$1.2 million. It is becoming clearer that it is important that we make our stretch goal.

As of March 31, 2011, we have received 114 pledges for \$0.92 million. If you have made a pledge to our Marking Space to Share campaign, THANK YOU!!



As one can see from the figures above, and from the chart, we are only 92% of the way to our goal and 77% of the way to our stretch goal. Or said another way, we need to receive an additional \$80,000 in pledge to reach our goal and \$280,000 in pledge to reach our stretch goal.

If you have not yet made a pledge, we need your help. Any pledge amount will help, no pledge is too small. Please pray about this campaign, listen to God, and, if called, please make a pledge.

Pledge cards can be obtained from, or questions regarding the capital campaign can be addressed to, the church office or Richard Leach.

Thank you for your interest in our Making Space to Share Capital Campaign.

# MAKING SPACE TO SHARE BUILDING UPDATE



Sprinkler Crew



Kitchen Roof Construction



Zach Kates Structural Engineer



Future Back Entrance

## SMALL GROUPS CORNER

The Saint Matthew's Small Group program is moving right along toward our fall 2011 kick-off. Why are we embarking on such a program? We believe that to truly Know and Share God's Love, we at Saint Matthew's need to intentionally enter into relationships with each other that will lead us to changing lives – not just inside Saint Matthew's but outside as well. It is only through a deliberate and accountable community that we can fulfill God's purpose for us and for Saint Matthew's.



In the Fall, we will have more group offerings to choose from. We are sure to have a group for you! Until then, we have the following on-going groups to choose from: Adult Bible Study (contact: Susan Jones at [susan.e.jones@hotmail.com](mailto:susan.e.jones@hotmail.com)), Men's Group (contact: Richard Leach at [rpleach1226@aol.com](mailto:rpleach1226@aol.com)), Parents of young kids (contact: Anne MacNabb at [ascmacnabb@aol.com](mailto:ascmacnabb@aol.com)), Knit 2 Pray 2 (contact: Kathy Gambee at [kathryngambee@yahoo.com](mailto:kathryngambee@yahoo.com)). For additional information about the program, contact Vicki Nelson at [van@sacklaw.com](mailto:van@sacklaw.com).



## Ready for a *Wild* Adventure?

We're going to have a bamboo blast at **Vacation Bible School!**

A pack of fun-loving pandas will join our Bible adventure on **July 25-29!** We'll discover that God is wild about you! Some of the bells and whistles of this week include: Dinner with Treetop Treats, Drama with Wild Bible Adventure, Chadder's Movie Mania, Crazy Crafts and a Rowdy Wrap-Up! We'll be walking on the wild side with fun for kids, teenagers, and adults! Due to construction, explore our bamboo forest at **Rolling Ridge Elementary School.**

Registration has begun online:

**[www.stmtts.org](http://www.stmtts.org)**

For More information contact:

Jodie Leach at 703-421-6310, [jodieleach2@aol.com](mailto:jodieleach2@aol.com)



### ST MATTHEW'S EPISCOPAL CHURCH

## MISSION POSSIBLE 2011

*A week of volunteering and sharing God's love.*

7TH ANNUAL

If you are looking for some summer fun, searching for ways to volunteer, share Gods's love...this is the program for you!



WEEK OF JUNE 20-24

HOURS: 9:30-3:00

Cost: \$50

*Space is limited so register early!*

Registration forms are available in the Narthex  
For more information contact  
Heidi Lathrop:  
[hlathrop@me.com](mailto:hlathrop@me.com)

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### Planned Missions

#### Monday: Church Grounds

Weed & trim our Butterfly & Rose Gardens, Tie Dye shirts, Clean up Briar Patch Park, Grocery shopping & sorting for LINK Pantry, VBS Decorations, make cards & posters for places we will visit during the week.

#### Tuesday: Sterling Elementary School

Drop off & pick up at the school. We'll be clearing out & organizing closets, moving rooms around. BINGO with residents of Sunrise Nursing Home for half the group.

#### Wednesday: Great Country Farms

We'll be taking a field trip to experience farm life and learn about composting & recycling.

#### Thursday: Sterling Elementary School

Drop off & pick up at school again. We'll be working on the courtyard and mulching gardens. BINGO with residents of Sunrise for the other half the group.

#### Friday: Claude Moore Park

Drop off & pick up at park. Trim & clean up the Purple Trail. Cookout & games to close out our week. Family are welcome to join us for lunch!

# SAINT MATTHEW'S FREECYCLE IS COMING!

DAN ROBERTSON

Do You FREECYCLE? If you do, GREAT! Skip the next paragraph please. If you have no idea what Freecycling is please read on.

The Freecycle Network™ is made up of 4,934 groups with 8,338,153 members around the world. It's a grassroots and entirely nonprofit movement of people who are giving (and getting) stuff for free in their own towns. It's all about reuse and keeping good stuff out of landfills. Each local group is moderated by local volunteers (them's good people). Membership is free.

In celebration of Earth Day 2011, St. Matthew's has started its own Freecycle group. The link is below. Type the link and sign up. [www.stmmts.org/freecycle/](http://www.stmmts.org/freecycle/)

You can give away a variety of things that you no longer have use for: clothes, toys, tools, paint, plants, wood, ANYTHING. If you have something that you will not use, instead of throwing it away and letting it rot in the land fill, see if someone else can gain some value for it. Another great use of Freecycling is to ask to borrow something for a bit, ie. tools, medical equipment, travel equipment, etc...

It is free to sign up, all offers and acceptances are done via email. If you accept something you just arrange to pick it up. Since this group is all St Matt's folks you can even swap stuff at church.

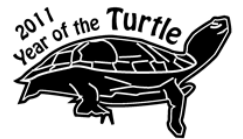
This is a great way to make a difference and be great stewards of God's gift, our Earth.

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## CELEBRATE EARTH DAY AT SAINT MATTHEW'S

**Earth Day Sunday** is a national, multi-denominational, day to celebrate God's creation and to give thanks for the world around us. It is a great day to renew our commitment to care for all that God has given us and to take a few more steps to lessen our impact on our earth home.

The Partners in Amphibian and Reptile Conservation (PARC), and many national wildlife agencies have named 2011 The Year of the Turtle. Turtle species are rapidly disappearing primarily due to habitat loss and illegal collection. The United Nations named 2011 the Year of the Forest "forests provide shelter to people and habitat to biodiversity; are a source of food, medicine and clean water; and play a vital role in maintaining a stable global climate and environment." It seems that the two celebrations go hand-in-hand as we care for God's creation. To learn more about these fascinating creatures and habitats go to [www.yearoftheturtle.org](http://www.yearoftheturtle.org) and/or [www.un.org/en/events/iyof2011](http://www.un.org/en/events/iyof2011)



Saint Matthew's Stewardship of Creation Committee will share a number of ideas on Earth Day Sunday to help us care for and enjoy the natural world. Many small steps can make a big difference as we minimize our impact on God's creation and take in the beauty around us.

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## FIRST QUARTER FINANCIAL REPORT

RICHARD LEACH

At the time of this writing, we have March year-to-date (YTD) financial figures (i.e., first quarter figures).

Our pledge & plate income is about 10%, or \$12,000, below budget. We realize the first quarter of the year can be a hard financial time (taxes due, Christmas bills, etc.) but if you are behind in your pledge, please have a look at how you can bring this up to date.

The good news is the first quarter's operating expenses are running below budget. This, most likely, is just a timing effect. As the summer approaches we will incur additional ministry expenses. We anticipate that our expenses will be on budget at the time of the second quarter update. Thus it would be great if pledge & plate was also on budget.

If you have any specific questions, please contact me at [rpleach1226@aol.com](mailto:rpleach1226@aol.com) or 703-421-6310.

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

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Hatattersall@comcast.net

Outreach

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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 5:00 p.m.

Sunday Service Times

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

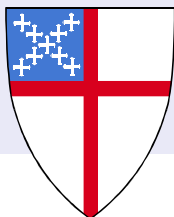
LOL Youth Service

Sunday 5:30 p.m.

Phone: 703-430-2121

Fax: 703-430-2635

www.stmmts.org



## St. Matthew's Service and Picnic Algonkian Park Sunday, May 29th



Plan on joining us Memorial Day weekend for service at Algonkian Regional Park. Sunday, May 29<sup>th</sup> the 8 am service will be held as usual at Saint Matthew's. The 9:15 am and 10:30 am services will be combined into one service at the park at 11:00 am. The service will be followed by an afternoon of food, fun, and games. Bring the family and friends!

Hot dogs, hamburgers, and chips will be provided; please bring items to share according to your last name:

A-G desserts, H-N drinks, O-Z side dishes



**M** *Saint  
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Episcopal Church

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