

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

*Newsletter*

*February 2009*

201 East Frederick Drive • Sterling VA 20164



Photograph by Karrie Welborn

*Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.*

~ 1 Corinthians 13:4-6

# FEBRUARY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>8:00 AM</b> Eucharist Rite I <b>9:15 AM</b> Contemporary Eucharist <b>10:30 AM</b> Eucharist Rite II <b>12:00 PM</b> <b>Annual Meeting</b> <b>3:00 PM</b> Ministerio Cristiano Vida Nueva <b>5:00 PM</b> Youth Group "Souper" Bowl Party <b>6:30 PM</b> AA <b>7:00 PM</b> LOL Belonging Event <b>7:00 PM</b> Prayer Group	<b>2</b> <b>9:00 AM</b> Classroom of Discovery <b>7:00 PM</b> ESL Classes <b>7:00 PM</b> Free to Live <b>7:00 PM</b> Ministerio Cristiano Vida Nueva <b>7:30 PM</b> Finance Committee	<b>3</b> <b>9:00 AM</b> Classroom of Discovery <b>4:00 PM</b> Stroller Fit Class <b>7:00 PM</b> AA <b>7:00 PM</b> Band rehearsal: 9:15 service <b>7:00 PM</b> Boy Scouts <b>7:00 PM</b> Building Committee <b>7:00 PM</b> Reverence Committee <b>7:30 PM</b> S-Anon	<b>4</b> <b>9:00 AM</b> Classroom of Discovery <b>12:00 PM</b> AA <b>7:00 PM</b> WatCH	<b>5</b> <b>9:00 AM</b> Classroom of Discovery <b>4:00 PM</b> Stroller Fit Class <b>6:00 PM</b> Interior Renovation Committee <b>7:00 PM</b> Choir Rehearsal 10:30am Service <b>7:00 PM</b> ESL Classes	<b>6</b> <b>9:00 AM</b> Classroom of Discovery <b>7:00 PM</b> Ministerio Cristiano Vida Nueva	<b>7</b> <b>7:30 AM</b> Men's group <b>8:00 AM</b> Fellowship breakfast <b>9:30 AM</b> Scrapbooking Workshop <b>5:00 PM</b> Eucharist Rite II <b>7:00 PM</b> AA <b>7:00 PM</b> Ministerio Cristiano Vida Nueva
<b>8</b> <b>8:00 AM</b> Eucharist Rite I <b>9:15 AM</b> Contemporary Eucharist <b>10:30 AM</b> Eucharist Rite II <b>12:30 PM</b> Relay for Life Captains Meeting <b>3:00 PM</b> Ministerio Cristiano Vida Nueva <b>6:30 PM</b> AA <b>7:00 PM</b> LOL Small Groups <b>7:00 PM</b> Prayer Group	<b>9</b> <b>9:00 AM</b> Classroom of Discovery <b>7:00 PM</b> ESL Classes <b>7:00 PM</b> Free to Live <b>7:00 PM</b> Ministerio Cristiano Vida Nueva <b>7:00 PM</b> Youth Leadership Meeting	<b>10</b> <b>9:00 AM</b> Classroom of Discovery <b>4:00 PM</b> Stroller Fit Class <b>7:00 PM</b> AA <b>7:00 PM</b> Band rehearsal: 9:15 service <b>7:00 PM</b> Boy Scouts <b>7:00 PM</b> Spiritual Formation Committee <b>7:30 PM</b> S-Anon	<b>11</b> <b>9:00 AM</b> Classroom of Discovery <b>12:00 PM</b> AA <b>7:00 PM</b> WatCH	<b>12</b> <b>9:00 AM</b> Classroom of Discovery <b>4:00 PM</b> Stroller Fit Class <b>6:30 PM</b> Girl Scouts <b>7:00 PM</b> Choir Rehearsal 10:30am Service <b>7:00 PM</b> ESL Classes	<b>13</b> <b>9:00 AM</b> Classroom of Discovery <b>7:00 PM</b> Ministerio Cristiano Vida Nueva	<b>14</b> <b>7:30 AM</b> Men's group <b>5:00 PM</b> Eucharist Rite II <b>7:00 PM</b> AA <b>7:00 PM</b> Ministerio Cristiano Vida Nueva <b>7:00 PM</b> Valentine Dinner Dance
<b>15</b> <b>8:00 AM</b> Eucharist Rite I <b>9:15 AM</b> Contemporary Eucharist <b>10:30 AM</b> Eucharist Rite II <b>3:00 PM</b> Ministerio Cristiano Vida Nueva <b>6:30 PM</b> AA <b>7:00 PM</b> LOL Small Groups <b>7:00 PM</b> Prayer Group	<b>16</b> <b>7:00 PM</b> Free to Live <b>7:00 PM</b> Ministerio Cristiano Vida Nueva	<b>17</b> <b>9:00 AM</b> Classroom of Discovery <b>4:00 PM</b> Stroller Fit Class <b>7:00 PM</b> AA <b>7:00 PM</b> Band rehearsal: 9:15 service <b>7:00 PM</b> Boy Scouts <b>7:00 PM</b> Vestry <b>7:30 PM</b> S-Anon	<b>18</b> <b>9:00 AM</b> Classroom of Discovery <b>12:00 PM</b> AA	<b>19</b> <b>9:00 AM</b> Classroom of Discovery <b>4:00 PM</b> Stroller Fit Class <b>7:00 PM</b> Choir Rehearsal 10:30am Service <b>7:00 PM</b> ESL Classes	<b>20</b> <b>Youth Group Ski Trip</b> <b>9:00 AM</b> Classroom of Discovery <b>7:00 PM</b> Ministerio Cristiano Vida Nueva	<b>21</b> <b>Youth Group Ski Trip</b> <b>7:30 AM</b> Men's group <b>8:00 AM</b> Fellowship breakfast <b>5:00 PM</b> Eucharist Rite II <b>7:00 PM</b> AA <b>7:00 PM</b> Ministerio Cristiano Vida Nueva
<b>22</b> <b>Youth Group Ski Trip</b> <b>8:00 AM</b> Eucharist Rite I <b>9:15 AM</b> Contemporary Eucharist <b>10:30 AM</b> Eucharist Rite II <b>12:30 PM</b> Relay for Life Captains Meeting <b>1:30 PM</b> Relay for Life Meeting <b>3:00 PM</b> Ministerio Cristiano Vida Nueva <b>6:30 PM</b> AA <b>7:00 PM</b> Prayer Group	<b>23</b> <b>9:00 AM</b> Classroom of Discovery <b>7:00 PM</b> ESL Classes <b>7:00 PM</b> Free to Live <b>7:00 PM</b> Ministerio Cristiano Vida Nueva	<b>24</b> <b>9:00 AM</b> Classroom of Discovery <b>4:00 PM</b> Stroller Fit Class <b>5:00 PM</b> Shrove Tuesday Pancake Supper <b>7:00 PM</b> AA <b>7:00 PM</b> Band rehearsal: 9:15 service <b>7:00 PM</b> Boy Scouts <b>7:30 PM</b> S-Anon	<b>25</b> <b>6:00 AM</b> Ash Wednesday liturgy <b>9:00 AM</b> Classroom of Discovery <b>12:00 PM</b> AA <b>12:00 PM</b> Ash Wednesday liturgy <b>7:30 PM</b> Ash Wednesday liturgy	<b>26</b> <b>9:00 AM</b> Classroom of Discovery <b>4:00 PM</b> Stroller Fit Class <b>6:30 PM</b> Girl Scouts <b>7:00 PM</b> Choir Rehearsal 10:30am Service <b>7:00 PM</b> ESL Classes	<b>27</b> <b>9:00 AM</b> Classroom of Discovery <b>7:00 PM</b> Ministerio Cristiano Vida Nueva	<b>28</b> <b>7:30 AM</b> Men's group <b>5:00 PM</b> Eucharist Rite II <b>7:00 PM</b> AA <b>7:00 PM</b> Ministerio Cristiano Vida Nueva <b>10:00 PM</b> Prayer Vigil Ministerio Cristiano Vida Nueva

Dear Friends,

I don't think it's a coincidence that during this month of February we will begin the season of Lent and we will convene our annual meeting. What do these two things have in common you ask? Self Reflection.

We all are so familiar with the season of Lent. It is a time of thinking about who we are... fundamentally. We hear the words "Remember you are dust, and to dust you shall return" at the Ash Wednesday service. We usually think about some discipline where we either give up something tempting, like chocolate, or we take on something new like time spent in prayer or reading a spiritual book. We typically choose our discipline based on something we really need to do – we need to eat less sugar, we need to pray more, we need to exercise more, we need to spend more time with family. We do this so that we better ourselves

while at the same time remembering and giving thanks for the sacrifice that God made for us on the cross. What normally happens at the end of Lent, after all the temptations to indulge or to forgo our Lenten discipline we look back and see how that discipline made us better, or stronger, or thinner, or having a deeper understanding of the Holy.

The annual meeting is another opportunity for us to gather as a community and hear about all the successes we shared in 2008 and to look forward to new challenges and opportunities in 2009. We reflect on who we are as a community, what our goals are, what are mission is, and how we are going about accomplishing those goals. We have the opportunity to reflect on what we've done, and where we're going and how we are going to get there. Some of those decisions involve self discipline, some of it may mean giving up something we don't really need (like too much sugar) or taking on

something new that we've been putting off too long (such as making improvements to our building). We will elect new leadership as new Vestry members will take office and we will thank those who have served faithfully and are moving on to new ministries.

It is so important for all of us to be present at the Annual Meeting which will be held after the 10:30 service on Sunday, February 1st. It is the one time in the year when our whole community comes together to reflect on and celebrate all we've accomplished and to begin the good work of planning for the coming year. The more of us that are present, the better the meeting will be. I hope to see you there.

Anne+

## Parish Annual Meeting

Our 2009 Parish Annual Meeting will be held on Sunday, February 1st, beginning at 12:00 p.m.—after the 10:30 a.m. service. The meeting will be held here at St. Matthew's, and all parishioners are encouraged to attend. The parish meeting is an excellent way to learn more about the operations of the church. The topics covered at this meeting will include an update of our building plan, and an overview of the church's 2009 budget. In addition, a main business function of this meeting is to elect new vestry members. All adult members of Saint Matthew's are entitled to vote for vestry members at this meeting.

## BUILDING COMMITTEE



THANK YOU! The discussions on Saturday, January 10, with our architect, Neal Roseberry, were a tremendous success. Thanks to everyone who participated.

And thanks to each and every one of you who have provided your thoughtful input throughout the building program process.

Our architect, LeMay Erickson Willcox Architects, is now well underway, with the master planning effort for a phase building program. In February, we should see a draft "program document" – a word picture of the recommended priorities for new and expanded space. We will review the document and provide feedback—largely based on what we all heard

on January 10. The cool graphics showing a possible concept design of the improvements will follow shortly after the program document.

For more information, please contact any member of your Building Committee: John Martin (chair), Zachary Kates (deputy chair), Bill Aird, Merry Breed, Ed Goloway, Richard Leach, Joe Listopad, Vicki Nelson, Bob Petersen, and Jeff Wood.

Please also take a few moments to visit our web page on the church's web site: <http://tinyurl.com/72nguu>

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# YOUTH ACTIVITIES

## Small Groups

We currently have two small groups – one for Middle School and one for High School. These groups belong to you. **THESE ARE NOT BIBLE STUDY GROUPS.** The idea is to provide you – our youth – with the opportunity to discuss the topics you care about in a trusting environment. They can expand and we can add more groups as more kids and adults get involved. Is there something you would like to talk about? Would you like to join or start a new small group? Just let your small group leader know. The leaders for the Middle School group are Peter Hart and Luanna Hansberger and the leaders for the High School group are Richard Leach, Paige Fishel and Randy Chamblin. Watch bulletins, emails, text messages and next month's newsletter for more activities. Don't forget to sign up for any activity in the Parish Hall. And **BRING Y O U R FRIENDS! GET YOUR PARENTS INVOLVED.** We have jobs for everyone. We need coordinators



for the following: Belonging activities, Small Group Leaders, website help, photographers, communications assistance, and coordinators for special events.

Please talk to anyone on the Youth Leadership Team and we will plug you into what best suits your skills and talents. *Your Youth Leadership Team – Peter Hart, Richard Leach, Tom Leary, Alan Davenport, Charlie Biegel, Vicki Nelson, and the Rev. Anne MacNabb*

## New York City Youth Mission Trip

We are planning a youth domestic trip this year to New York City. The trip can be attended by both college and high school students.

The trip will be from June 30, 2009 to July 7, 2009 (Tuesday to Tuesday).

The cost of the trip is \$450 per person. This includes lodging, meals, and transportation (to, within, and from New York City). This fee can be paid in installments (\$100 each month February through May and \$50 in June). Please make checks payable to Saint Matthew's and put "Youth Mission Trip" in the memo field of the check. Scholarships are available. Please talk to Richard Leach for details.

If you are interested in attending, please add your details to a sign-up sheet on the bulletin board in the Parish Hall. Information meetings will be announced at a latter date. In the meantime, please direct questions to Richard Leach at [rpleach1226@aol.com](mailto:rpleach1226@aol.com)

## Parish Wide Youth Meeting

**THANK YOU, THANK YOU, THANK YOU** to the FORTY plus folks who attended the Parish-wide meeting on January 4<sup>th</sup> to hear about the LOL program. We had great discussions, got great ideas, and in general had some great community time. This is exactly what the parish-wide approach to youth programming is all about. The Youth Leadership Team is taking all the information obtained and discussing the best way to use these ideas. Information on how and when that will be done will be in the next newsletter.



## Creation Fest

Creation Fest is right around the corner. June 24<sup>th</sup> may seem like a long way away, but it's time to begin signing up and getting ready for five of the most unique and moving days of your life.

We have a few people signed up and will be purchasing tickets on February 15<sup>th</sup>, so let us know before then if you're interested. You might still be able to sign up after the 15<sup>th</sup>, but it depends on space in our Campsite.

Creation Fest is a four day Christian Music Festival with 100,000 of your closest friends. There are two stages, one alternative and one mainstream that play music from 9 a.m. to midnight. Of course, mainstream doesn't mean the Christian music you'd hear on 91.9. Some of the artists who are going are Relient K, David Crowder Band, Skillet, Third Day, Casting Crowns and a whole lot more. It's loud, it's danceable, and it's moving.

On top of the music are some of the most moving speakers you'll ever hear. There are stories about those in need and ways that God works directly in each of our lives. Every person who has gone on this trip has come home changed and finding a deeper relationship with their friends and with God.

We'll be leaving at noon June 24<sup>th</sup> and returning Sunday, June 28<sup>th</sup>, around noon. The cost is expected to be \$150 which covers meals and tickets. Often people bring another \$50 for t-shirts or any extra food they might want to buy at the stands. As always, scholarships are available for some or all of the cost, it's far more important you come than that we get money.

While this event is geared towards middle and high schoolers, the adults who have come to support the event have come away just as changed as the teens. We do need adult volunteers to help execute, or simply stay at the campsite and listen to music and talk.

Please contact Tom Leary at (703) 599-8696 or [tom.leary@stmatthewssterling.org](mailto:tom.leary@stmatthewssterling.org) any time if you have any questions. I can't wait to hear from you before February 15<sup>th</sup>!

# COMMUNITY HAPPENINGS

## Chili & Cornbread Cook-Off



A steamy afternoon is in the works! Bring your best pot of chili or servings of cornbread on Sunday, January 25 following the 10:30 a.m. service. Beans, no beans, vegetarian, are just a few of the varieties that will be heating up.

### February Sweetheart's Dinner Dance

Planning has begun! The parish hall will have a special ambience on Saturday, February 14. A special adult couples evening is planned with fine dining, a catered meal (You won't have to cook, clean or serve), music, dancing and time to talk to friends (with a child-free evening).

Please sign up in the Parish Hall and reserve your place. We are limiting the event to the first 30 couples that sign up. A suggested donation of \$25 per couple can be given the night of the event. The evening begins at 6:30 p.m. with appetizers, dinner at 7:00, followed by dancing till 11 p.m. Make your sweetheart plans, now! For more information, contact Jodie Leach at [jodieleach2@aol.com](mailto:jodieleach2@aol.com), or 703-421-6310



### Shrove Tuesday Pancake Supper

Before we enter the season of Lent, don't miss this wonderful dinner on February 24 served by our youth! Join us in the parish hall for one of two seatings: 6:00 p.m. and 7:00 p.m. Our teens will be cooking up an evening meal of pancakes and sausages. All proceeds from the dinner will help fund the 2009 mission trip.

Bring your family and friends to share this meal. RSVP with your preferred seating time:  
[pancakesupper@stmatthewssterling.org](mailto:pancakesupper@stmatthewssterling.org)

### Save the Date 2009 Kids Concerts!

Mark your calendar for the following dates:

Saturday, April 25th at 11am Rocknoceros  
Saturday, July 18th at 11am Mr. Don  
Saturday, September 26th at 11am Mr. Knick Knack

Bring a blanket, grab a friend and enjoy the music!



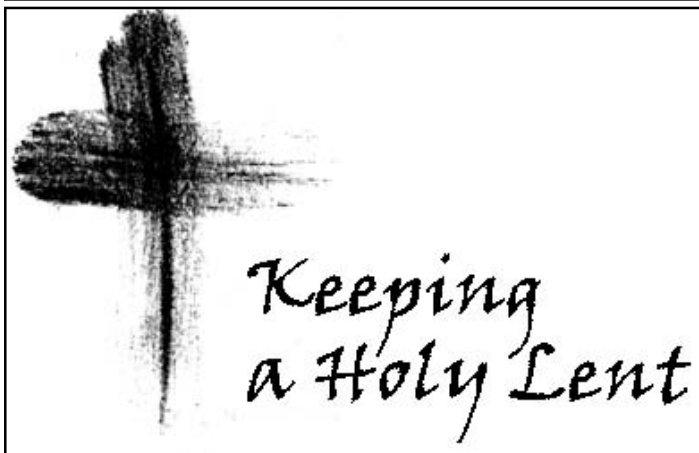
### Website Designer Needed

We are embarking on a new day with our Web site. If you haven't seen it yet, it's up at [www.stmatthewssterling.org](http://www.stmatthewssterling.org). It's been the key landing point for people in our community to find our church. Some people even came to St. Matthew's because of Rob's sermons they heard on the site, and the information showing the strong community that we have.

The current site design was created six years ago. While it is, amazingly, still better than 80% of the other church Web sites, we want to ensure we really are giving the most useful information quickly to people in our community, and continue to meet the needs of each member in the church.

Right now we're looking for any good Web designers. Initially we'll talk through the site and determine what ideas we have for a redesign. After that we'll talk through how to move forward in creating a new design, getting buy-in and making it a reality. So, if you're a graphic or Web designer, or dabble in it at times, please contact Tom Leary at [tom.leary@stmatthewssterling.org](mailto:tom.leary@stmatthewssterling.org) or (703) 599-8696.

## SPIRITUAL FORMATION



LENT begins on Ash Wednesday, February 25th. Services will be held at 6 a.m., 12 noon, and 7:30 p.m. Attendance at an Ash Wednesday service is essential to properly understanding and celebrating Easter.

### LENTEN SOUPER SUPPERS RETURN!

This year we'll be reading a book called *The Shack* by William P. Young. This is a book which many people have found both challenged and transformed their faith, inviting them to see God in new and fresh ways.

Each evening we will begin at 7:00 p.m. with a simple "souper supper" in the parish hall. Study and discussion will start at 7:30 and conclude at 8:30 p.m. There will be programs for middle schoolers and elementary age children as well! Bring yourself, bring the family, bring a friend! As part of your Lenten discipline, plan on joining friends new and old each Wednesday evening, March 4 through April 1 for food, fellowship, and a spiritual journey studying *The Shack* together.

## VACATION BIBLE SCHOOL

Already making summer plans? Next summer, Vacation Bible School will be held the week of July 27 through July 31, 2009.

We'll be rocking in the bayou of Crocodile Dock: Where Fearless Kids Shine God's Light!

The excitement begins each evening at 5:30 p.m. with dinner and ends at 8:30 p.m. Look for registration forms to arrive in a few months. The decoration team is forming now! If you would like to be a part of the team to turn our facility into a Louisiana bayou, contact Jodie Leach at 703-421-6310 or [jodieleach2@aol.com](mailto:jodieleach2@aol.com)

## STEWARDSHIP

Friends,

I would like to take this opportunity to provide you an update on our stewardship campaign for 2009. 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 January 4, 2009, the tenth week of the campaign, Saint Matthew's had received 91 pledges for a total of \$359,000. To those that have submitted a 2009 pledge to Saint Matthew's, THANK YOU!

Unfortunately, when compared to the tenth week of last year's campaign, we have received nine fewer pledges and \$14,000 less pledged. 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 may have.

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 hope you are enjoying the new year, and I wish you the best in your financial life with God,

Richard Leach  
Finance Committee Chair

# LOL YOUTH GROUP CALENDAR

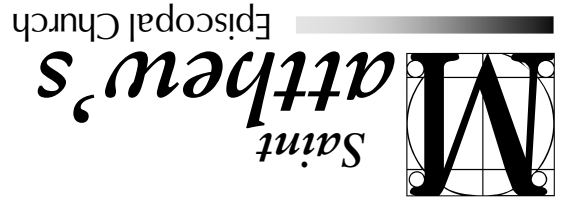
Here's the monthly update to our LOL Calendar. We have lots of opportunities for you to get to know each other and to have fun! Please take this page and add these important events to your calendar, or just post this on your fridge.

- Feb 1 "Souper" Bowl party, 6:30, Vicki Nelson's home – we will watch the game, play Rock Band, and just have a great time. Bring soup labels & canned goods for LINK.
- Feb 8 Small Groups 7-8:30pm
- Feb 15 Small Groups 7-8:30pm
- Feb 20-22 Ski Retreat to Seven Springs! Sign up in the Narthex—space is limited.
- Feb 24 Pancake Supper on Shrove Tuesday – Eat it all now, because Lent starts!
- Mar 6 Cosmic Bowling at Bowl America in Herndon
- March 15 Small Groups 7-8:30pm
- March 22 Small Groups 7-8:30pm
- Apr 4 Bonfire – S'mores and hanging out – what can be better?
- April 19 Small Groups 7-8:30pm
- Apr. 24-25 30-Hour Famine – This is always a stand-out, can't miss activity for the year
- May 2-3 Middle School Retreat
- May 17 Small Groups 7-8:30pm
- May 31 Small Groups 7-8:30pm
- June 7 Senior Baccalaureate Service and Dinner
- June 14 Graduation/End of School picnic at Briar Patch Park – come celebrate the end of school and say goodbye to the largest class of Seniors we've ever had!
- June 24-27 CreationFest – Four great days of camping, live music and the most fun you'll have all summer.
- June 30-July 7 Youth Mission Trip to New York City!

Stay tuned for summer events – a summer calendar will come out in the spring.

**JOIN US FOR THE  
ANNUAL MEETING  
SUNDAY, FEBRUARY 1ST**  
(Details inside)

201 East Frederick Drive  
Sterling VA 20164-2387



**CHANGE SERVICE REQUESTED**

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**SAINT MATTHEW'S EPISCOPAL CHURCH • CAMERON PARISH**  
The Reverend C. Rob Merola • Rector  
The Reverend Anne MacNabb • Assistant Rector  
201 East Frederick Drive • Sterling VA 20164-2387  
Telephone: 703-430-2121 • Fax: 703-430-2638  
Saturday Service Time: 5:00 p.m.  
Sunday Service Times: 8:00 a.m. • 9:15 a.m. • 10:30 a.m.  
*Nursery provided at all Sunday services*

~  
E-mail: [officemanager@stMatthewssterling.org](mailto:officemanager@stMatthewssterling.org)  
Internet: <http://www.stMatthewssterling.org>  
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**Please note: deadline for submission to this newsletter is the first Friday of each month.**  
Content may be submitted in hardcopy to the newsletter mailbox in the church office,  
or content may be sent by e-mail to [newsletter@stMatthewssterling.org](mailto:newsletter@stMatthewssterling.org).