



# *Saint Matthew's Episcopal Church*

201 E. Frederick Drive  
Sterling, VA 20164

January 2004



## The Prayer of Saint Francis of Assisi

“O Lord, make me an  
instrument of Thy Peace!  
Where there is hatred,  
let me sow love;  
Where there is injury, pardon;  
Where there is discord, harmony;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light, and  
Where there is sorrow, joy.

Oh Divine Master,  
grant that I may not so much seek to be  
consoled as to console;  
to be understood as to understand;  
to be loved as to love;  
for it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to  
Eternal Life.”

# Saint Matthew's Episcopal Church

## Calendar of Events – January 2004

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY                       | THURSDAY  | FRIDAY | SATURDAY   |
|--|--|--|---------------------------------|---|--------|--|
|  |  |  |                                 | 1<br><i>New Year's Day</i>  | 2      | 3<br><br>9AM - Quiet Day<br>9AM - Flower Ministry<br>7PM - AA Meeting        |
| 4<br><br>6PM - G3/Youth Group<br>7PM - Prayer Meeting  | 5<br><br>7PM - Episcopal Faith and Heritage<br>7PM - Boy Scouts  | 6<br><br>7PM - AA Meeting<br>7PM - S-Anon (12-Step program)                          | 7<br><br>7PM - English Classes  | 8<br><br>9AM - Flower Ministry<br>6PM - Girl Scouts - Colon<br>7PM - Music rehearsal      | 9      | 10<br><br>8AM - Men's Breakfast<br>9AM - Flower Ministry<br>7PM - AA Meeting |
| 11<br><br>6PM - G3/Youth Group<br>7PM - Prayer Meeting | 12<br><br>7PM - Episcopal Faith and Heritage<br>7PM - Boy Scouts | 13<br><br>7PM - AA Meeting<br>7PM - S-Anon (12-Step program)                         | 14<br><br>7PM - English Classes | 15<br><br>9AM - Flower Ministry<br>3:30PM - Girl Scouts - Weller<br>7PM - Music rehearsal | 16     | 17<br><br>8AM - G3 Ski Trip<br>9AM - Flower Ministry<br>7PM - AA Meeting     |
| 18<br><br>6PM - G3/Youth Group<br>7PM - Prayer Meeting | 19<br><br>7PM - Episcopal Faith and Heritage<br>7PM - Boy Scouts | 20<br><br>7PM - Vestry Meeting<br>7PM - AA Meeting<br>7PM - S-Anon (12-Step program) | 21<br><br>7PM - English Classes | 22<br><br>9AM - Flower Ministry<br>6PM - Girl Scouts - Colon<br>7PM - Music rehearsal     | 23     | 24<br><br>8AM - Men's Breakfast<br>9AM - Flower Ministry<br>7PM - AA Meeting |
| 25<br><br>6PM - G3/Youth Group<br>7PM - Prayer Meeting | 26<br><br>7PM - Episcopal Faith and Heritage<br>7PM - Boy Scouts | 27<br><br>7PM - AA Meeting<br>7PM - S-Anon (12-Step program)                         | 28<br><br>7PM - English Classes | 29<br><br>9AM - Flower Ministry<br>6PM - Girl Scouts - Colon<br>7PM - Music rehearsal     | 30     | 31<br><br>9AM - Flower Ministry<br>7PM - AA Meeting                          |

9:00 a.m. to 12:00 p.m. - Monday through Friday - A Classroom of Discovery. Will not meet January 19.

## *Letter from the Rector*

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Dear Friends,

If you could do anything in 2004, what would you do?

It is a question worth thinking about. Having an idea of what we would like to accomplish is the first step in accomplishing it. And if we don't have any idea of what we'd like to achieve in 2004, then the chances are we won't achieve much of anything beyond just drifting through life. Unfortunately, I have yet to meet a person who has spent their time "just drifting" who is happy with the results.

So what would you like to do? Have a better marriage? That goal can most likely be yours, but make no mistake about it—it will take hard work. This hard work will begin by thinking about what a "better marriage" looks like. Only then will you be able to see what needs to be done to get you there.

Maybe you'd like to accomplish more in your career or as a student; to simply do better work. That too is something you can most likely do, but it will not come without time and effort. And that time and effort will start by thinking about what "good work" looks like so you'll know what needs improving.

Maybe you'd like to lose weight or tone up or somehow improve yourself. Maybe you'd like to better manage your time. Maybe you'd like to prove the Rolling Stones wrong and get some satisfaction. All these things and many more can be accomplished, but you will have to exert yourself beyond merely drifting. You will have to decide what it is you want to attain—what your ideal weight is, what a perfect day might look like, how you'd recognize satisfaction if you saw it—and then rigorously proceed to adopt a course that will take you there.

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. Remembering that Saint Matthew's is a place that welcomes seekers—those who may not have yet made up their mind about Jesus—I hope that those of us who do consider ourselves "Christians" will wholeheartedly give ourselves to growing in the fullness of our devotion to Jesus Christ. I invite you to seriously consider with me the question of what deeper devotion to Jesus will look like in 2004 and then, with God's grace, help, and leading, to passionately pursue it.

Faithfully,  
Rob+

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## *Youth Minister's Report*

For the December newsletter I mentioned that we should remember those in our life, and those who may have dropped away from us. As I wrote that article I began thinking about everyone in my life that I truly love. The list started pretty large and just kept on growing.

I kept thinking about that list over the next two weeks. I began looking at those relationships in my life and noticing how love can show itself differently. For example, I love my wife completely. She is the person I want to spend each day with for the rest of my life. I know I can be upset, angry, or disappointed, and while she may not enjoy it, she'll stick with me through it.

I began looking at each of the youth group mem-

bers, and thinking about my love for each of them. I've said it before, but I do love each member of the youth group completely and in their own unique way. The love feels most similar to that of an older brother for his younger brother or sister, without the constant fighting which takes place growing up. I attribute that to having our forced space. As time goes on, I always look forward to learning even more about each person.

As many of you may know, my wife, Erin, is pregnant. We'll be having a baby sometime early July. While it's still beginning and she's making it very hard to feel "real" (no morning sickness, no abnormal mood swings, no cravings), the sonogram sure doesn't lie. I

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## A Place to Stand: A Call to Mission The American Anglican Council's "Plano-East" Conference January 9-10, 2004

As reported by a member of our parish in Saint Matthew's November newsletter, the American Anglican Council's October "Plano" conference in Dallas, Texas, was an informative and uplifting experience for attendees. The AAC Chapters in Virginia and Washington have planned a second conference especially for our mid-Atlantic region. The conference will include worship, biblical teaching and preaching, and a focus on fulfilling the mission of the Church. Key leaders of the AAC will also inform participants of the latest developments in the Anglican Communion (nationally and internationally).

**When and Where.** The conference will begin on Friday evening, January 9, and continue on Saturday, January 10, 2004. The location is Hylton Memorial Chapel in Woodbridge, Virginia.

### Conference Goals

1. To declare our faith and commitment to the Gospel of Jesus Christ in the Anglican Communion.
2. To encourage faithful Episcopalians and help us understand and prepare for the emerging realignment of an orthodox and vital Anglicanism in the United States.
3. To prepare and strengthen ourselves and those whom we serve to become a missionary church dedicated to the Great Commission.
4. To inspire the next generations to seek the face of God and to equip them to stand on His Word and share the Good News of Jesus.

**Program Details.** Brochures are available in the office at Saint Matthew's or you can get full details online at [www.aacvirginia.org](http://www.aacvirginia.org).

**Youth Program.** There will be a special program track for youth, grades 6-12, to help them catch the vision for the future of the church. Youth will be part of an authentic experience which includes awesome worship, dynamic speakers, and creative experiences to capture and set on fire the hearts of these young people.

**Children's Program.** Children grades 5 and younger will also have a special program throughout the conference.

**Child Care.** Professional staff from local AAC churches will provide child care at no charge for infants and very young children.

**Combined Choir.** The Friday night Eucharist will feature a combined choir. Those interested in singing can indicate their interest on the registration form under "Comments." You will be contacted with details, including the day and time of rehearsal.

**Cost.** There is no charge for this event, although an offering will be received on Friday evening. Attendees are asked to bring an item of canned food, which will be distributed through local ministries to those in need.

**Registration.** There is no charge or any other requirement for attending, but participants are asked to register either online at the website ([www.aacvirginia.org](http://www.aacvirginia.org)) or by mail using the conference brochure so planners will have some idea of the numbers of adults, youth, children, and infants attending.

## Evening Bible Studies

Beginning in January, two evening Bible studies will be offered by the Spiritual Formation Committee. One session will be for adults (the Book of Titus led by Father Rob) and one for high schoolers (led by Tom Leary and Richard Leach). These sessions will continue the successful Wednesday night sessions held this fall. Studies such as these are a great way to enhance one's spiritual formation and are a great way to share fellowship with other parishioners. Please look for more information in the Sunday announcements.

## *Vestry Minutes – November 2003*

At its November 18 meeting, matters before the vestry included the following business.

Written reports updated vestry members on Father Rob's specific activities (Sunday services, sermon series, a year-round seminarian, lay Eucharistic ministry to those at home, church community events, the church's website, and general pastoral activities); worship plans (observance of Advent and Christmas; acolyte training, materials for the sanctuary); continuing efforts to maintain and improve the building and grounds (especially the heating and cooling system); the development of a strategic plan for the church (vision, mission, core values, objectives, evaluation); the G3 youth group (weekly meetings, excursions to a corn maze and a Christian rock opera); and Spiritual Formation Committee programs for the remainder of 2003 and into 2004 (Advent materials, adult and youth Bible studies, Sunday School, Quiet Day, Episcopal Faith and Heritage, parish retreat, youth mission trip).

Vestry members discussed the special open meeting of the vestry on November 9 to address the controversy in the Episcopal Church and Saint Matthew's response to it. At the special meeting the vestry voted for Saint Matthew's to affiliate with the American Anglican Council, affirmed a policy to honor parishioners' requests to restrict funds from the diocesan and national

church offices, and directed that a letter explaining these actions be sent to our diocesan bishops, the Presiding Bishop, and the Archbishop of Canterbury.

A report was made on the stewardship campaign initiated in November. Letters were mailed on November 7, and pledges were to begin being returned the Sunday before Thanksgiving.

There was also discussion of the upcoming vestry election at the annual meeting (January 2004). At the time of the vestry meeting, two people had indicated willingness to stand for election, and at least two others were considering standing for election.

The treasurer's report on the church's finances indicated that October was a little low for budgeted income and a little high for expenses, but the church remained on good financial foundations. Much of the remainder of the meeting involved deliberation over a draft budget for 2004. Due to the importance of this matter, the vestry decided to continue budget deliberations in both a special meeting and the regular meeting in December.

Having begun at 7:00 p.m., the meeting adjourned at 9:21 p.m.

## PARISH RETREAT

Our parish retreat is only one month away. The theme for the retreat will be, **Got Purpose - What on Earth Are You Here For.**

The retreat will be held at the Massanetta Springs Conference Center in Harrisonburg, VA. The retreat will begin around 7:30 p.m. on February 6 and conclude by noon on February 8. The cost to attend the retreat will be \$100 for adults and \$40 for children (meals included), and scholarships will be available.

A nursery will be available so families with small children are welcome to attend.

The Spiritual Formation committee encourages all who can to attend. Families and singles are welcome. There will be activities for all age groups.

We need to get a firm commitment of who is planning to come and collect the fee. If you are attending, please sign the attendance sheet on the bulletin board outside the church office. After signing the attendance sheet, please write a check, payable to Saint Matthew's, for the appropriate fee. Please write on the check "Retreat Fee" and either deposit it in a collection plate, give it to Mark Vereb or Richard Leach, or hand it in at the church office. We need to collect the fees prior to the retreat; thus kindly submit your check by February 1, 2004. Please do not let cost stand in your way of attending this retreat. See Father Rob, Mark Vereb, or Richard Leach as needed to discuss scholarships.

Additional details and directions to the retreat site will be available soon.

### **Start the New Year Out Right With a Quiet Day!**

Led by Dr. Greg Strong, the theme for the day will be "Christmas to Epiphany: Grounding Our Life in Jesus". The day will go from 9 a.m. to 3 p.m. and be structured around 5 cycles of reading with spiritual direction, guided reflection, and prayer. It will also include Morning Prayer, Noonday Prayer (followed by a lunch of our own bringing), and the Order for Evening.

# *Spiritual Formation*

The Spiritual Formation committee continues to plan and execute activities that are designed to enhance an individual's spiritual formation. You are welcome and invited to participate in as many of these activities as you wish. Please mark the items of interest in your calendar so you do not miss out. The activities are designed for individuals of all ages in all aspects of spiritual development. If you have any questions about any of the activities, please feel free to contact any member of the Spiritual Formation Committee or Richard Leach (703-421-6310). Everyone is welcome to attend the next Spiritual Formation Committee meeting on Tuesday, January 13, at 7:00 p.m. at the church.

|  |   |  |
|--|---|--|
| <b>Sunday School</b>                           | Sundays - 10:30 a.m.                                | Classes for pre-K through 8th grade  |
| <b>G3 Youth Group</b>                          | Sundays - 5:00 p.m.                                 | Youth group for middle schoolers and high schoolers                        |
| <b>Quiet Day</b>                               | January 3, 2004                                     | Great way to get the new year off to a good start                          |
| <b>Episcopal Faith and Heritage</b>            | January 5, 12, 19, & 26, 2004<br>7:00 - 8:30 p.m.   | Led by Greg Strong - Learn more about our history and Episcopalian beliefs |
| <b>Adult Bible Study</b>                       | Wednesdays in January<br>Date/Time to be determined | Book of Titus led by Father Rob  |
| <b>High School Bible Study</b>                 | Begins in January<br>Date/Time to be determined     |  |
| <b>G3 Youth Ski Day</b>                        | January 17, 2004                                    | A day of skiing fun  |
| <b>Parish Retreat</b>                          | February 6 - 8, 2004                                | Massanetta Springs Conference Center,<br>Harrisonburg, VA                  |
| <b>Episcopal Worship Service and Eucharist</b> | February 22, 2004                                   | Led by Father Rob  |
| <b>30 Hour Famine</b>                          | February 27 & 28, 2004                              | Youth activity led by Tom Leary  |
| <b>Lenten Series</b>                           | March 3, 10, 17,<br>24, & 31, 2004                  | Led by Karen and Greg Strong   |
| <b>Youth Retreat to Creation Fest</b>          | June 23 - 26, 2004                                  |  |
| <b>VBS</b>                                     | July 2004   |  |
| <b>Youth Service Project</b>                   | Summer 2004   |  |

## **Episcopal Faith and Heritage**

On each of the four Mondays in January a course will be offered on our "Episcopal Faith and Heritage." Taught by Dr. Greg Strong, and including instruction, discussion, and worship, the goal of this offering will be to give participants a greater understanding of the Episcopal Church (Dr. Strong also has a Master of Divinity from Trinity Episcopal School in Pittsburgh, PA). Making use of *The Anglican Vision* in "The New Church Teaching Series", each session will meet in the parish hall and run from 7:00 to 8:30 p.m.

# *Saint Matthew's Vestry*

The Vestry is Saint Matthew's governing board. It is legally responsible for all matters of finance, property and maintenance within the parish, either directly or through the appointment of trustees.

Our Vestry is comprised of the Rector, who normally presides at all meetings, and seven Saint Matthew's parishioners who serve three-year terms. With the continuing rapid growth of our parish, the volume of business that is coming before us suggests that we would be wise to increase the size of our Vestry from seven to nine. This will be proposed at our annual meeting for a parish vote, and would require the addition of five new members (three current Vestry members have completed their term). Profiles for the persons standing for these positions are included in this newsletter.

The Vestry selects its officers at its organizational meeting just after the annual parish meeting. Some officer positions are filled by Vestry members while others are not. The officers and their duties are the following: the Senior Warden (Vestry member), who generally assists the Rector in overseeing the mission of the parish; the Junior Warden (Vestry member), who is responsible for property and maintenance concerns; the Treasurer (non-Vestry member), who supervises all matters of finance; and the Register (non-Vestry member), who records the minutes of each meeting.

Each member of the Vestry is also active, generally as chair or co-chair, of one of the parish's committees, which are listed below. These committees are meant to oversee all areas of ministry here at Saint Matthew's. Often this will involve subcommittees as well.

The Vestry meets on the third Tuesday of each month, normally at 7:00 p.m. in the Classrooms on the Hill. Except if it should choose to go into executive session, all Vestry meetings are open to the congregation.

**Community Committee**—dedicated to deepening relationships, providing opportunities for fellowship, and presenting the parish with occasions for just plain fun and celebration.

**Reverence Committee**—dedicated to ensuring that all our worship is well planned, well executed and offered with excellence to the delight of God.

**Outreach Committee**—dedicated to meeting the needs of the world around us with increased resources of time, talent, and money.

**Spiritual Formation Committee**—dedicated to helping all of us grow, both as individuals and as a body, into fully devoted followers of our Lord Jesus Christ.

**Stewardship Committee**—dedicated to helping all of us become wise managers of the incredible wealth God has seen fit to give to us.

**Building and Grounds**—dedicated to distinction in maintaining, improving, and when necessary expanding our buildings and property.

**Strategic Planning**—dedicated to developing, implementing, and evaluating a course of action that will help us achieve our mission of knowing and sharing God's love.

## **Portraits of Vestry Candidates**

### **Leanna Wilson**

I was raised in Bible and Baptist churches. Our family was active in the church through personal evangelism, choir, and Sunday school teaching. Nightly devotions were part of our family life. While in college, I was involved with Bible clubs for Spanish children and was a summer missionary to Mexico. I have been married to Michael Wilson for five years. I am the godmother and stepmother to my stepson, Alex, who is almost 14. We have attended Saint Matthew's for five years. Michael and I are both Lay Eucharistic Ministers; we also coordinate the Prayer Chain together. I co-taught the pre-teens Sunday school class for two years, am involved in VBS, and now am currently the coordinator for the English classes-for-adults ministry. I completed my Bachelor's degree on December 13, 2003, with a major in Latin American Studies and a minor in Special Education. A goal I have for the church membership is for each one to develop a personal evangelism style that each feels comfortable with.

### **Dennis Collins**

Our last church before moving to Virginia was The Church of the Redeemer in Parkville, Missouri. We attended from 1993 to 2001. In that time I was on the vestry for one year, a period in which the church retired all of its debt and was able to triple a seed grant given us many years before and send it to another startup parish. We also began the journey toward the expansion of the sanctuary (the completion of which came about after I left Missouri). I was part of a small committee organized to oversee the construction of the new sanctuary and the revision of the old building. I taught a Sunday school class (13 - 14 year olds) and participated in a number of youth group activities. I sang in the choir. A friend and I, both of whom had our own businesses and desired to but could not attend the available Bible studies, formed a Sunday evening Bible study consisting of 5 couples. Of a personal nature, I spent the majority of my working career in the heavy truck component industry in sales and training. I now own a small tee shirt and trophy business.

### **Meredyth (Merry) Breed**

Our family has been members of Saint Matthew's since March 1985 — within a week of moving here from New Jersey. To our surprise, we were greeted by a parade of clergy, lay readers, vestry, and parishioners as it was the day Saint Matthew's moved into the new church building! Darrell and I have two children. Becca, 27, has a BS in theater and is currently working on her Master's Degree in Social Work. Rick, 23, will receive his BA in May, with specialties in music and technology.

I have served on the diocesan Stewardship of Creation Committee for ten years, and as Co-Chair for two years. While I bring my passion for natural resource management, I have learned much from other committee members about the tie between environmental issues and social justice, and about renewable energy and energy savings in parishes. At Saint Matthew's, I have led our Stewardship of Creation ministry, including the building of the Sanctuary in the Woods, the Reflection Trail, the Memorial Rose Garden, and the native plant gardens. I have helped organize outreach projects

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at Thanksgiving and Christmas, such as food drives, collection of used coats and decorations, and the Holiday Star Tree. I am currently serving on the Strategic Planning Committee. I am interested in the history of the parish, and have worked to preserve the Cameron Parish site. Years ago, I served as Director of Christian Education at Saint Matthew's. I grew up in the Episcopal Church in Scituate, Massachusetts, and earned my BS from the University of Maine. I taught preschool and environmental education for Loudoun County Parks and Recreation for fifteen years before becoming the Assistant Park Manager at Claude Moore Park three years ago.

I appreciate the opportunity to run for Saint Matthew's Vestry. The resources of the diocesan Stewardship of Creation Committee will be valuable as we plan upgrades and expansion of our church building. Having raised our family at Saint Matthew's, and as a long time attendee at the 8:00 a.m. service, I feel I can represent the parishioners at that service while understanding the needs of the members at other services.

**Kristina (Kris) Young**

A Lieutenant Colonel in the U.S. Army, I returned to Virginia from an overseas tour in September 2002. As a career intelligence officer, I have served in Arizona, California, Kansas, the United Kingdom, Kosovo, and in Washington D.C. I am currently a Professor of Military Strategy at the Joint Military Intelligence College. I joined the Episcopal Church in Melbourne, Florida, in 1985 and have been active in local military chapels or Church of England parishes over the last 19 years.

I also served as the Protestant Coordinator for the NATO Headquarters in Kosovo during a peacekeeping deployment in 2001-2002, coordinating worship and fellowship opportunities for a multinational environment including Scandinavian Lutherans, Anglicans from three provinces, Scots Presbyterians, and Methodists. I am married to Duane C. Young, a retired Army officer, and we have one son, Alastair, a third grader at Dranesville Elementary.

*G3 Activities*

After a busy Christmas, we're taking a slightly less active new year. While we had a great ski retreat, growing closer with God and each other, now we'll have a recap with a ski trip on Saturday, January 17. This will be a one-day trip where we get to enjoy another day of skiing!

We are also continuing to plan for the 30 Hour Famine. The 30 Hour Famine can be a great weekend; it is all about what we make it! Already people are gathering pledges for this great cause. All G3 members should be helping out with this planning. If you'd like to help out with this activity, please call or e-mail Tom.

We're also picking up our Bible study again on Wednesday evenings from 7:30 to 8:30 p.m. We'll be doing a book study on the book *Sarah: Women of Genesis* by Orson Scott Card. Some reading will need to be done before January, so please speak to Tom about getting a copy of the book so you won't miss out!

+Tom 703-858-1410

*From the Treasurer  
2004 Stewardship Update*

*Be generous, and you will be prosperous. Help others, and you will be helped. - Proverbs 11:25.*

We are off to a great start in our 2004 stewardship drive having received 55 pledges totaling \$183,140. While this is a great start, we anticipate needing between \$220,000 to \$250,000 in pledges to fully support the ministries of Saint Matthew's in 2004. For those who haven't submitted a pledge card yet, we ask that you prayerfully consider doing so before year end. If you didn't receive a pledge card or misplaced it, extras are available in the back of the church.

**Line Of Credit Update**

The Vestry has been very conservative with our line of credit. Through November, a total of \$33,434 in capital improvements has been funded with the line of credit.

**2003 Contributions**

For those wishing to make a year end contribution to Saint Matthew's for tax purposes, please make sure you get them to the church by December 28, 2003. Statements listing your charitable donations for 2003 will be mailed out by January 26, 2004.

**DEADLINE FOR SUBMISSIONS**  
All content for the FEBRUARY newsletter must be submitted by JANUARY 12. Content can be submitted in hardcopy or on disk to the newsletter mailbox in the church office. Content may also be e-mailed to Newsletter@stmatthewssterling.org.

**Youth Minister's Report** continued from page 3

can't even imagine what this love will feel like in the end. I can hope it's something like my love for all the youth in the church, all my friends, and some of my love for my parents. I believe this is going to be a love which is the closest thing I can ever feel next to God's own love for me.

As we begin 2004, I hope you can recognize your own love for each individual around you. Hopefully in recognizing our love for other people we'll be able to recognize in a little way the love God has for us.

Peace,  
+Tom

# Gone Fishin'

On a cold November morning—very, very, early morning—the intrepid Saint Matthew’s explorers set off in search of ...“fish.” Now there were more than 25 of these brave explorers who, before dawn, headed for the Eastern Shore, each hoping to catch the “big” one. Now as we all know life gives us opportunities and unexpected twists and turns, and so it was with our fishing day. Those hardy experienced fishermen and women set off in the two “open-air” boats. These boats were the ones without a closed cabin or heating, and the third boat had some of the not so experienced fishermen, women, and kids.

The photo above is a little deceptive because those waves look pretty tame, but remember as the saying goes “looks can be deceiving”. As we headed out across the Chesapeake Bay the boat bounced and the feeling of being on a roller-coaster ride began to affect many of us; those who liked rides were cheering, and those who did not were turning various shades of green.

So the morning efforts resulted in many, many, fish successes—lots we threw back but many we kept.



Now the boat with the nice warm heated cabin and the women and children was suffering from many of the women not having their sea legs, so our kind captain headed back to the calmer waters of the Potomac River and placed the trawler lines out. The next few hours resulted in the lack of any fish, but the brave fisherwomen did feel a lot better. Then as we planned to head home, we caught the big one, all 46 inches. As you can see from the photo, the fish was pretty large or at least the largest I have ever seen anyone catch.



Those on the other boats also came home with a great many fish, and many had feedback on life at sea, including Tom Leary’s first comment off the boat “I am never doing this again,” but all recovered and most even had lunch and fun was had by all.

*Ann Lowden  
Representing those who love the land*

During the month of December, the Classroom of Discovery students were thrilled to be able to help decorate the tree for the animals. We made dried cereal garlands (round oat cereal strung on dental floss!) which we hope our feathered friends will enjoy. We are also involved in a project called Smile Train to help correct clefts in children born with this easily correctable birth defect. The Classroom of Discovery is gearing up for its second semester which starts in January. We still have openings in the Adult-Child class which meets Monday mornings from 9:00 to 10:30 a.m. and the two day/week preschool which meets Thursday and Friday from 9:00 a.m. to 12:00 p.m.

Call Sheri Brown at 703-927-3333 for more information.

**MINISTRY BUILDERS:** If you shop at the **Family Christian Store** in the Dulles Eastern Plaza, we are part of a program they offer called **Ministry Builders**. This means that for any purchase you make, simply tell them you attend Saint Matthew's and they will give you stamps. Much like Green Stamps of old, you turn these into the church office, we put them into a book, and then redeem each book for \$5 towards any church purchase. Thank you!

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## Did You Know?

There is a book in the Bible called "Titus." It is only three chapters long. Though short, it addresses key subjects like wielding healthy influence, life transformation and personal growth, and the pursuit of excellence. Because it is such a manageable book, it is a great place to jump into Bible study if you've never done so before. And because it is such a relevant book, it's a book worth taking a closer look at even if you've read it before. We hope you will join us for this study led by Fr. Rob on Wednesday nights in January—watch our web site for more details.

Our January Sermon Series will be "Tools for a Terrific New Year". If you are serious about making 2004 your best year yet, you won't want to miss this series! This will be a great time to invite friends who are looking to get the work/family/personal life balance right.

Saint Matthew's Episcopal Church • Cameron Parish  
The Reverend C. Rob Merola • Rector  
201 East Frederick Drive • Sterling, VA 20164-2387  
Telephone: (703) 430-2121 • Fax: (703) 430-2638  
Sunday Service Times: 8:00 AM • 9:15 AM\* • 10:30 AM\*  
\*Nursery Provided

Office Hours: Tuesday through Friday, 8:00 AM to 1:00 PM  
E-mail: [OfficeManager@stmatthewssterling.org](mailto:OfficeManager@stmatthewssterling.org)  
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