



*Saint*  
**Matthew's**

Episcopal Church

*Newsletter*

*July/August 2009*

201 East Frederick Drive • Sterling, VA 20164



**Lord God Almighty, in whose Name the founders of this country won liberty for themselves and for us, and lit the torch of freedom for nations then unborn: grant that we and all the people of this land may have grace to maintain our liberties in righteousness and peace.**

~ From the Collect for Independence Day, The Book of Common Prayer



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>5 Mission trip to NYC 8 am Eucharist Rite I 9:15 am Contemporary Eucharist 10:30 am Eucharist Rite II 3 pm Ministerio Cristiano Vida Nueva 6:30 pm AA 7 pm Prayer Group</p>	<p>6 Mission trip to NYC 7 pm Ministerio Cristiano Vida Nueva 7:30 pm Finance Committee 7:30 pm Free to Live - NA</p>	<p>7 Mission trip to NYC 7 pm AA 7 pm Band Rehearsal 7 pm Boy Scouts 7 pm Building Committee 7:30 pm S-Anon</p>	<p>1 Mission trip to NYC 9am—12pm Potomac Falls VBS 12 pm AA</p>	<p>2 Mission trip to NYC 9am—12pm Potomac Falls VBS 6 pm Interior Renovation Committee</p>	<p>3 Mission trip to NYC 9am—12pm Potomac Falls VBS 7 pm Ministerio Cristiano Vida Nueva</p>	<p>4 Mission trip to NYC 7:30 am Men's Group 7 pm AA 7 pm Ministerio Cristiano Vida Nueva</p>
<p>12 8 am Eucharist Rite I 9:15 am Contemporary Eucharist 10:30 am Eucharist Rite II 3 pm Ministerio Cristiano Vida Nueva 6:30 pm AA 7 pm Prayer Group</p>	<p>13 Famous Dave's Fundraiser 9am Mission Possible 7 pm Ministerio Cristiano Vida Nueva 7pm Youth Leadership 7:30 pm Free to Live - NA</p>	<p>14 9am Mission Possible 7 pm AA 7 pm Band Rehearsal 7 pm Boy Scouts 7 pm Spiritual Formation Mtg. 7:30 pm S-Anon</p>	<p>15 9am Mission Possible 12 pm AA 6 pm Middle School Soul Coffee 7:30 pm High School Soul Coffee 9:30 pm College Soul Coffee</p>	<p>16 9am Mission Possible</p>	<p>17 9am Mission Possible 7 pm Ministerio Cristiano Vida Nueva</p>	<p>18 7:30 am Men's Group 11 am Mister Don in Concert 7 pm AA 7 pm Ministerio Cristiano Vida Nueva</p>
<p>19 8 am Eucharist Rite I 9:15 am Contemporary Eucharist 10:30 am Eucharist Rite II 3 pm Ministerio Cristiano Vida Nueva 6:30 pm AA 7 pm Prayer Group</p>	<p>20 7 pm Ministerio Cristiano Vida Nueva 7:30 pm Free to Live - NA</p>	<p>21 7 pm AA 7 pm Band Rehearsal 7 pm Boy Scouts 7:30 pm S-Anon</p>	<p>22 12 pm AA 6 pm Middle School Soul Coffee 7:30 pm High School Soul Coffee 9:30 pm College Soul Coffee</p>	<p>23 No events scheduled</p>	<p>24 7 pm Ministerio Cristiano Vida Nueva</p>	<p>25 7:30 am Men's Group 8 am Fellowship Breakfast 7 pm AA 7 pm Ministerio Cristiano Vida Nueva</p>
<p>26 8 am Eucharist Rite I 9:15 am Contemporary Eucharist 10:30 am Eucharist Rite II 3 pm Ministerio Cristiano Vida Nueva 6:30 pm AA 7 pm Prayer Group</p>	<p>27 5:30pm Vacation Bible School</p>	<p>28 5:30pm Vacation Bible School 7 pm AA 7:30 pm S-Anon</p>	<p>29 5:30pm Vacation Bible School 12 pm AA</p>	<p>30 5:30pm Vacation Bible School 6:00 pm IRC</p>	<p>31 5:30pm Vacation Bible School</p>	<p>1 7:30 am Men's Group 7 pm AA 7 pm Ministerio Cristiano Vida Nueva</p>

Dear Friends,

In a recent sermon, I talked about how it seems like it was only yesterday that we were bringing our daughters home from the hospital. Now my older daughter is a junior in college, and my younger daughter has just graduated from high school. Not long ago I was a kid myself. Now I'm a parent. Like my daughters growing up, it has happened in the blink of an eye. When I mentioned this to my parents, they said, "Just wait. You think time is passing fast now, but you haven't seen anything yet."

I'm sure they are right. If like them I am someday a grandparent, I expect that will seem to happen very quickly as well. But not too quickly, I hope.

In the book of James, the Bible asks: *What is your life? You are a mist that appears for a little while and then vanishes.* I've probably read that verse a hundred times. Now, though, I am experiencing the reality behind it. There are many things that seem important now, even more important than our spiritual lives. If we are honest, we sometimes give them higher priority than God himself. I have a feeling, though, that one day we will come to see the folly of this.

Our time on earth does not go on forever, and the brief time we have been given in this life is a gift. In what will no doubt seem like the mere blink of an eye, the day will come where our time in this world ends and eternity opens before us. I wonder. Will you be ready? Will I?

Faithfully,  
Rob+

## HAPPY CAMPERS

PAUL SCHMID

Sometimes I think our church is awesome, and other times I just know it is. Our wonderful experience camping in Shenandoah National Park with St. Matthew's last month helped us appreciate the support system that comes with knowing and sharing God's love. It also confirmed my hypothesis that our family should never be on the show *Survivor*, unless we are able to take our friends from church with us.

We arrived at the campsite Saturday morning and began setting up our tent. When we got to the point where we were supposed to put the stakes into the ground we realized that we had forgotten to bring a hammer. I couldn't decide whether to bang them in with my forehead, or to try and locate a large rock shaped like my forehead. Fortunately, within minutes of hearing about our dilemma, the Hart's provided us with a hammer, and the Turner's gave us a mallet along with some technical training presented by Mason II demonstrating the best way to whack things. Within minutes the tent was up. Later that afternoon, Father Rob arrived at the campsite with his tent, but without the corresponding tent poles. I believe he did that just to improve our self-esteem after hearing we'd forgotten our hammer - it always amazes me the sacrifices

he is willing to make for the people around him to feel better.

My colleagues at work are always telling me to take a hike, and the St. Matthew's campout provided the perfect opportunity for our family to do just that. There was a nice gradual hike down to a beautiful near-by waterfall. However, somehow this same trail morphed itself into an arduous steep climb back uphill, and it enabled us to discover some new muscles in our legs that we did not know we had. Running low on energy, it was soon time for supper by the campfire. Our fellow campers prepared some amazing meals with everything from kabobs to pasta. Meanwhile, we shared our secret family recipe for making the perfect hot dog: 1) put frankfurter on stick, 2) insert stick into fire, 3) Remove when blackened, 4) wipe off ashes, and finally 5) cover with mustard. Our marshmallow recipe is similar: 1) put marshmallow on stick, 2) insert stick into fire, 3) blow out the flames coming from marshmallow, 4) insert between graham crackers and chocolate, 5) mustard optional.

Some of the people at the campground may have noticed my wife Judy crying at one point, but this was not because I put mustard on her marshmallow. She sometimes cries at the drop of a hat (or in my case socks) when things become out of

control. As it turns out, our youngest daughter Pinocchio (name changed to protect innocence) lied to her about brushing her teeth, but only after being confronted with an un-opened toothbrush package did she come clean and confess. This combined with the fact that we lost one of our cell phones in an 8 foot by 8 foot tent added to the stress levels. Yet the Chamblins helped to prop us all back-up, and realize that we were not failures as parents and there were still many Sunday school lessons ahead. It is only when we want to be in control, but cannot, that we become discouraged. Realizing that God is in control helps all of us stay a lot less fearful of kids, snakes, bears, and even our health as we continue the journey He has set in front of us.

**INSIDE THIS ISSUE:**

<i>From the Rector</i>	3
<i>Intercessory Prayer List</i>	3
<i>Endowment Fund</i>	6
<i>Community Happenings</i>	7
<i>Mission Possible</i>	8
<i>Vacation Bible School</i>	9

## PILGRIMAGE TO JERUSALEM

The Diocese of Virginia is organizing a pilgrimage to Jerusalem February 24 - March 9, 2010. The group will stay at St. George's College and attend their "Palestine of Jesus" course. This is part of the Jerusalem Mile Project, a new effort to help people in the Diocese of Virginia become effective partners for peace with the church in Israel-Palestine through pilgrimage, mission and education.

The "Palestine of Jesus" course combines pilgrimage, study and worship. It focuses on key elements of the life, death and resurrection of Jesus in the sacred landscape where the story unfolded. Course members visit major sites connected with the Gospel accounts: Bethlehem, Nazareth, the Jordan River, the Sea of Galilee, Mount Tabor, the Judean Desert and others. After focusing on the Galilean ministry of Jesus, the course traces the Passion Narratives through visits to Bethany, the Mount of Olives, the Garden of Gethsemane and the Church of the Resurrection (Holy Sepulcher), and a devotional Way of the Cross. On the final day we will celebrate the Resurrection and the challenge of discipleship with a journey to Emmaus and a festive Eucharist.

Participants will also study the urgent social and religious issues of our own time. Course members visit the Western Wall and the Dome of the Rock and reflect on interfaith issues regarding Judaism and Islam, as well as have the opportunity to hear the voices of Palestinians and Israelis as they struggle for justice and peace in their land.

The Jerusalem Mile Project is committed to offering pilgrimage as a means of effective peacemaking. The goal is to provide opportunities to learn and take action before and after the pilgrimage. There are 40 spaces available, with a maximum of six people per parish. To learn more about the Project or to register for the pilgrimage, please visit the Jerusalem Mile Project online and download the registration form. <http://jerusalemile.wordpress.com/>

## INTERCESSORY PRAYER LIST



The St. Matthew's intercessory prayer list is a list of those in or related to our community who are in need of prayer. It is designed so that all members of our community can pray for each other on an on-going 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 too. 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 put back on as many times as needed. Please pray for the following people:

Libby, Chris, Maddy, Leo, C.O., Duke, Lynn, Carol, Sharon, Lisa, Bill, Kathy, Barbara, Cindy, Luke, Lun, Jerry, Susan, Steve, Tanja, Nicholas, Marcia, Althea, Rob, Anne, President Obama, Patrick, Susie, Alicia, Joe, Dan, Bonnie, Megan, Brad, Maria, James, Jacqueline, Kanda, Karen, Randy, Regenia, Tom, Garry, Isaac, Zak, Amanda, Faye, Kim, Brenda, Sue, Sonia, Phillip, Fonda, Ken, Priscilla, Olive, Victoria, Jose, Johnny, Constance, Alex, Gladys, Bobby, Fran, Michael, Richard, Jamey, Susan, Colin, Judy, Peggy, Shannon, Kathie, Kevin, Kathleen, Kate, Sean, Shirley, Teressa, Jeannette, David, Bill, Robb, John, Virginia, Charlene, Taryn, Sammie, Dora, May, Shirley, Helen, Kevin, Arlena, Lisa, Bill, Kim, Chere, Joy, John, Garland, Tim, Fran, Jean, Belinda, Merry, Cheryl, Joita, Betsy, Marian, Kathleen, Alex, Lauren, Betheny, Miriam, and Candace

## ENDOWMENT FUND

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 fund the endowment fund. Funding sources will include:

- Celebrate a special event in the life of your family with a gift.
- Provide a gift as a memorial to an individual.
- Make the endowment fund the beneficiary or partial beneficiary of a whole life policy.
- Make a bequest from your estate to the endowment fund.
- Donate directly: stocks, property, cash, bonds.

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. Be sure to indicate "Endowment Fund" on the memo line of any donation given. Gifts may include cash, stocks, bonds, or gift annuities.

As you plan your financial future, please remember our Saint Matthew's endowment fund. If you have any questions, please contact Richard Leach at [rpleach1226@aol.com](mailto:rpleach1226@aol.com) or 703-421-6310.

## KIDS CONCERT SERIES

Did you miss Rocknoceros in concert in April? Don't worry! Mark your calendar now for July 18th, and September 26th.

Bring the kids, their friends and a picnic, and enjoy the sounds of Mister Don on July 18th and Mr. Knick Knack on September 26th.

Shows start promptly at 11am!

**Mister Don**  
**Saturday, July 18<sup>th</sup>**



**Mr. Knick  
Knack**  
**Saturday,**  
**September**  
**26th**

Rated DC's Favorite Children's Entertainer by DC Baby!

**MR. KNICK KNACK!**

### Famous Dave's Monday, July 13th, 5– 10pm

Join us at Famous Dave's to support the St. Matthew's mission trip. No coupons needed!  
Invite your friends, family, neighbors, anyone you know!!

Famous Dave's in Sterling is at 21080 Southbank Street Sterling, Virginia 20165; TO GO: 703-406-9244  
<http://www.famousdaves.com/Sterling>

## TAKE ME OUT TO THE BALL GAME



**Join us for this Community Event**  
**Saturday, July 11, 2009**  
**6:00 pm**

**Frederick Keys vs Myrtle Beach**  
**Fireworks after the game! Beach Night!**

#### HOW TO PURCHASE TICKETS

Phone: Call 301-815-9939 or 877-8GO-KEYS

Online: Visit the Keys' website at [www.frederickkeys.com](http://www.frederickkeys.com)



#### TICKET PRICES

\*\*\*All children must have a ticket – even if admission is free\*\*\* General Admission Adult - \$8.00  
Children 2 and under – Free for General Admission General Admission Youth (ages 3-12) - \$5.00  
General Admission Senior Citizen (age 60+) - \$5.00 General Admission Military (Active w/ ID) - \$5.00

#### DIRECTIONS From Leesburg, VA

Take 15N; follow Routes 15/340 to Frederick. Take I-70E (toward Baltimore). Take Exit 54 Market Street, stadium on left. Turn right at the second light, RT. 355.  
Left at next light follow road to both our lots.



# Join us for Mission Possible July 13-17, 2009



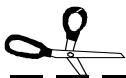
- Who:** Kids rising to Grades 2 - 8
- What:** Summer Mission Work to help people in Loudoun County
- When:** July 13-17, 2009 (attend for one day or all five)  
From 9:30 a.m. to 3 p.m. Bring a bag lunch!
- Where:** Meet each day at St. Matthew's Episcopal Church and travel to various places nearby
- Why:** If you are looking for some summer fun, searching for ways to volunteer, wanting to share God's love... this is the program for you!
- How Much:** Donations of \$10 per day are accepted to cover incidentals.

We'll start each day with games, and then prepare for an activity that helps people in our community! Highlights from 2008 include:

- Visited Habitat for Humanity work site
- Served lunches to day labor site in Herndon
- Assisted elderly at Sunrise playing bingo and bowling
- Trimmed the adopted purple trail at Claude Moore Park
- Built herb gardens, and had a GREAT TIME TOGETHER!

You are free to sign up for all days or days that fit your schedule. Each day is a new adventure and schedule for the day's specific activity is to be determined as the weather permits.

Questions: Ask Kenny Thayer or Heidi Lathrop, hlathrop@mac.com, 703-509-5640.



Child's Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Fall 2009 Grade: \_\_\_\_\_ Parent's Email: \_\_\_\_\_

Days you CAN ATTEND (please circle all that apply):  
Monday Tuesday Wednesday Thursday Friday

ALL 5 DAYS

\_\_\_\_ My parent can help by driving on which day? \_\_\_\_\_

\_\_\_\_ My parent cannot help during this week.





# Vacation Bible School

## July 27—31, 2009

### 5:30 p.m. to 8:30 p.m.

**Are your kids ready to sink their teeth into BIG fun?**

That's just what they'll do at Crocodile Dock, where fearless kids shine God's light! Get ready for an exciting adventure, discovering God's presences, power, love, life and care.

Crocodile Dock is filled with incredible Bible learning that kids can see, hear, touch and even taste! Bible Point crafts, team-building games, cool Bible songs, and tasty treats are just a few of the Crocodile Dock activities that help faith flow into real life. At each Bayou Station kids will encounter a different presentation of the Bible point, Bible story or Bible verse.

Not only do kids experience amazing Bible adventures, they'll also watch for God in everyday life through something we call God sightings ( a sunset, a kind word, a tasty snack). Kids discover that God is active in our lives and that his fingerprints are everywhere!

**Get Ready for a Rockin' Time At Crocodile Dock!**

### **Nightly Schedule**

- 5:15 pm— Arrive and Sign In—Meet with your Bayou Crew!
- 5:30—6:00 pm—Dinner is served in the French Quarter Café!  
(Kid friendly meals like pizza, tacos, and fresh fruit)
- 6:00-6:20 pm—Sing and Play Swamp Stomp -  
An opening skit and lots of good music with **a live band!**
- 6:20—8:10—Rotate to 4 different Bayou Stations with your crew!
  - Gator Games-race around with high energy games
  - Bible Bayou -reenact a Bible Story!
  - Crawfish Crafts and Missions—make crazy creations
  - Dockside Drive-In- meet Chadder Chipmunk, on DVD
- 8:10-8:30 pm—Firefly Finale—  
All crews gather for some final songs and a review of what they've learned that day.



**This is a program for all ages to participate!**

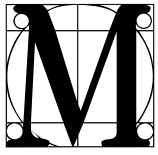
**Sign Up TODAY for VBS Crocodile Dock!**

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

**Click the VBS link on the homepage**

**Questions? Call Jodie Leach 703-421-6310**





*Saint*  
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Dear Friends, Episcopal Church  
201 East Frederick Drive  
Sterling VA 20164-2387

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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*

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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).