



Saint Matthew's Episcopal Church

March 2004

201 E. Frederick Drive
Sterling, VA 20164



¹If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, ²then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. ³Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. ⁴Each of you should look not only to your own interests, but also to the interests of others. ⁵Your attitude should be the same as that of Christ Jesus: ⁶Who, being in very nature God, did not consider equality with God something to be grasped, ⁷but made himself nothing, taking the very nature of a servant, being made in human likeness. ⁸And being found in appearance as a man, he humbled himself and became obedient to death--even death on a cross! ⁹Therefore God exalted him to the highest place and gave him the name that is above every name, ¹⁰that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Philippians 2

Photo by Greg Strong

Saint Matthew's Episcopal Church

Calendar of Events – March 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6PM - Potomac Falls E.C. Alpha class 7PM - Boy Scouts	2 7PM - AA Meeting 7PM - S-Anon (12-Step program)	3 6:30PM - Lenten Series/ Soupier Supper 7PM - English Classes	4 9AM - Flower Ministry 3:30PM - Girl Scouts - Weller 6:30PM - Girl Scouts - Wilson 7PM - Music Rehearsal 7:30PM - Worship Commission	5	6 8AM - Men's Breakfast 9AM - Flower Ministry 7PM - AA Meeting
7 8AM - Eucharist Rite I 9:15AM - Eucharist 10:30AM - Eucharist Rite II 5PM - G3/Youth Group 7PM - Prayer Meeting	8 6PM - Potomac Falls E.C. Alpha class 7PM - Boy Scouts	9 7PM - AA Meeting 7PM - S-Anon (12-Step program)	10 6:30PM - Lenten Series/ Soupier Supper 7PM - English Classes	11 9AM - Flower Ministry 6PM - Girl Scouts - Colon 7PM - Rolling Woods HOA 7PM - Music Rehearsal	12	13 9AM - Flower Ministry 7PM - AA Meeting
14 8AM - Eucharist Rite I 9:15AM - Eucharist 10:30AM - Eucharist Rite II 5PM - G3/Youth Group 7PM - Prayer Meeting	15 6PM - Potomac Falls E.C. Alpha class 7PM - Boy Scouts	16 7PM - Vestry Meeting 7PM - AA Meeting 7PM - S-Anon (12-Step program)	17 6:30PM - Lenten Series/ Soupier Supper 7PM - English Classes	18 9AM - Flower Ministry 3:30PM - Girl Scouts - Weller 7PM - Music Rehearsal	19	20 8AM - Men's Breakfast 9AM - Flower Ministry 6PM - Girl Scouts-Wilson 7PM - AA Meeting
21 8AM - Eucharist Rite I 9:15AM - Eucharist 10:30AM - Eucharist Rite II 5PM - G3/Youth Group 7PM - Prayer Meeting	22 6PM - Potomac Falls E.C. Alpha class 7PM - Boy Scouts	23 7PM - AA Meeting 7PM - S-Anon (12-Step program)	24 6:30PM - Lenten Series/ Soupier Supper 7PM - English Classes	25 9AM - Flower Ministry 6PM - Girl Scouts - Colon 7PM - Music Rehearsal	26	27 9AM - Flower Ministry 7PM - AA Meeting
28 8AM - Eucharist Rite I 9:15AM - Eucharist 10:30AM - Eucharist Rite II 5PM - G3/Youth Group 7PM - Prayer Meeting	29 6PM - Potomac Falls E.C. Alpha class 7PM - Boy Scouts	30 7PM - AA Meeting 7PM - S-Anon (12-Step program)	31 6:30PM - Lenten Series/ Soupier Supper 7PM - English Classes			

9:00 a.m. to 12:00 p.m. - Monday through Friday - A Classroom of Discovery. Will not meet Wednesday, March 17.

From the Rector

Dear Friends,

As many of you know, I work with an Executive Coach, Barbara Glacel, who helps me do the best work I can possibly do as a priest. The training of a priest generally includes such things as psychology, public speaking, ancient languages, Bible study, church history, theology, and so on, but it is notoriously light on how one actually runs an institution such as a church. In this sense, Dr. Glacel's services are invaluable.

You may also know that the only way I am able to afford this educational opportunity is that it is offered at a greatly reduced cost (and even then it is something of a stretch). Dr. Glacel is also a Christian (and an Episcopalian), and so sees this as one way she can invest in the life of the Church. Recently, she upped her investment by offering to do an "Executive Assessment"—evaluating my performance as your Rector—as a gift, free of any additional charge.

Other than sharing the good news of what God has done for us in Christ, I don't know that I can think of a better gift that anyone could give than offering someone insight as to how he or she can grow in effectiveness as a servant of God and others. I believe

that is the kind of gift that will last on into eternity, and I am sincerely grateful for it.

Basically, this assessment consisted of asking the Vestry and church staff such questions as what they think I do well, what they'd like to see me stop doing, and what they'd like to see me start doing that I am not doing now. Your Vestry and staff were very gracious in being willing to share the truth in love. They openly and honestly acknowledged both my strengths and weaknesses; things I do well, and yes, things I can do better!

I invite you as well to tell me what you see me doing that is helpful and what I can do to serve you and serve God in even deeper ways. I will take all of your suggestions into consideration and will let you know what actions I can take as a result of your feedback.

I am deeply committed to serving God and you with excellence. Feedback such as this creates an opportunity to do so more fully than one could ever do without it, and so is a gift for which I am profoundly thankful.

Your fellow servant and minister,
Rob †

Youth Minister's Report

Saint Matthew's enjoyed its first (hopefully annual) parish retreat. We had about 70 people together playing games, working on a puzzle, and getting to know each-other. We also spent a lot of time beginning to learn how we can use 100% of our head, our hearts, and our hands to live our lives in God's unique plan for each of us.

For those of you who missed it, or never had the luxury of being on a retreat, here's generally what happens. We all drop our entire lives for a few days and "retreat" from it all. It gives each of us the chance to focus on the topic of the weekend (in our case "Got Purpose, What on Earth Am I Here For"). Many of us have experienced something similar... Summer Camp. Sounds weird, but it's true. It's a time where we get away from our old lives to make new friends, see new places, and get to disappear for a while. We also learn to see the world differently and to appreciate something—be it nature, soccer at a soccer camp, or com-

puters at computer camp (yes, I did attend all of them). Retreats may be shorter, but encompass all of these things.

Religious retreats are probably the best times I've found. Everyone has moved me in some way. I still remember my college retreat, where I met up with an old friend, had time to experience nature, and most importantly, if you can sing, sing loudly and thank God for the gift He gave you (if you can't, make Him wish He had). This one was no exception. This time I was on the other side of the fence, running projectors and leading spiritually. It made the retreat somewhat busy, and truly I was beginning to wonder what memory I would take from the retreat, besides lack of sleep and late-night card games. When I last expected it I was getting ready to pray with some parishioners and then felt God speaking through me. I felt his words moving my heart, my head, my hands, and my lips. This retreat has possi-

continued on page 5

Easter Lilies



Once again, the altar will be decorated with lilies for Easter Sunday. Everyone can participate in this effort by dedicating and purchasing an Easter lily for the altar. Each lily will cost \$10.00, the same as last year. The dedication forms will be available in the narthex and the Parish Hall. All dedications will be listed in the Easter Sunday bulletins. Easter is a wonderful time to remember all of the blessings we receive throughout the year, and what better way than to be a part of the flower ministry! Sign up as soon as possible so we can be sure to order enough lilies.

A TRIBUTE TO OUR CREATOR

**The highlight of your summer...
maybe your life!**

You are warmly invited to attend the 26th annual Creation, the nation's largest Christian festival. Join with thousands of people from all across the United States and Canada for four exciting nights and three days of great Christian music, inspired teaching, camping, friends, and much more. On June 23-26, G3 is making plans to attend this event at the Agape Farm in Uniontown PA. I (Peter Nelson) actually did attend this event last year with our G3 group and it did change my life. We hope you will put this on your calendars for the summer — a sign up sheet is in the Parish Hall. It is going to be a great trip! For more information, check out the website at <http://www.gospel.com.net/creation/east/>.



Arts in Worship

We aren't talking finger painting. We are looking to expand our musical, dramatic, and fine art worship presentations. To do this, we need all types of folks who have experience in playing musical instruments, acting, directing, painting, sound technology, and video technology. Saint Matthew's Strategic Plan calls for an arts program of excellence. In order to meet that goal, we need to know our talent pool. We know you're out there! We are looking primarily for seasoned individuals who have sung, played, acted, directed, painted, or whatever else for another church or organized arts group. The Parishioner's Survey showed that using first-rate arts presentations in our worship was very important to the vast majority of our parishioners. There is no better way for an artist to praise God for his or her talent than to use that talent in worship and praise. If interested in this exciting opportunity, talk to (or call or e-mail) Vicki Nelson or Father Rob.

Basic Christianity 2004 Lenten Series and “Souper Suppers”

Saint Matthew’s will offer a five-week teaching and discussion series on Wednesday evenings during Lent. The series this year will be built around John R.W. Stott’s excellent small book, *Basic Christianity*. Participants will have an opportunity to explore and discuss such issues as . . .

- Who is Jesus?
- What about sin?
- Why did Jesus die and what does that have to do with us?
- What does it mean to be a Christian?

The Lenten Series will begin on March 3 (the week after Ash Wednesday) and conclude on March 31. Each session will begin at 6:30 p.m. with a simple “souper supper” in the Parish Hall. We’ll start the program at 7:15 p.m. with a short overview session followed by small group discussion, and conclude with Compline by 8:30 p.m. *Nursery will be provided.*

We have a limited number of the books to fit the expected size of the group—sign up soon so you can be sure to get your copy of the book in advance. A sign up sheet is on the bulletin board in the Parish Hall, or you may sign up by emailing the church office at office-manager@saintmatthewssterling.org. There will be a nominal charge for the book and voluntary contributions for the suppers. For further information, contact the Lenten Series coordinators, Karen and Greg Strong, at 703-404-2051.

Youth Minister’s Report *continued from page 3*

bly been the most moving one for me.

Personally, I’m still praying on all of the discussions, and trying to find God’s plan for me. I know many others are searching as well. I believe our next step will be experiencing “The Passion of the Christ” on February 23. For now, I simply thank God for giving us this life, and hope we all will give 100% of our hearts, our heads and our hands to His purpose for this world.

Peace,
† Tom

Reaching Out – Reaching Up A Report from the Outreach Committee

In late February, we held a most exciting event: a pre-screening showing of “The Passion of the Christ.” It was a way to invite our friends to learn more about Jesus’ great love and to inspire ourselves to do more for the Lord in witnessing, inviting others to church, and spending a couple of hours weekly in service at the church. To follow up on the movie, we handed out New Testaments and a pamphlet inviting people to join Bible studies and the church’s Lenten series.

The new Vestry met in January to begin new business and form committees. To start our journey of service we are establishing an Outreach Committee that will begin meeting this month to help us in our mission. Please prayerfully consider whether you can help us even in a small way, and contact Leanna or Ann at MdWilson61@aol.com or ATLAOK@aol.com. We will also post a signup sheet on the bulletin board. We are very excited at the opportunity to make a difference for our community and others in the world. We believe that through the Parishioner’s Survey you showed that are too. We hope that we can engage everyone, young and old, in an activity that demonstrates the love of God through our actions.

Some of the areas that Outreach covers today have included these programs: Neighbors Helping Neighbors; Holiday Star Tree; and English Classes for Adults. Ideas that we want to begin include a program to increase visitation for those who are sick or have signed our guest books. We look forward to the new committee thinking of ways to have outreach to our own parishioners — to those who may need or want spiritual hugs.

Please pray for the English Class ministry. The weather on Wednesday nights this school year has been wet and cold. These conditions have been a factor in low attendance. Yet, we rejoice for the faithful students who come regularly. With smaller classes, students receive more individual attention. Much learning has occurred. They look forward to graduation at the 9:15 a.m. service on June 13.

Spiritual Formation

We had a great parish retreat in February. Activities such as the retreat are planned by the Spiritual Formation Committee. This 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 Kris Young (571-215-6577). Everyone is welcome to attend the next Spiritual Formation Committee meeting. Please look for an announcement in the Sunday Order of Worship announcements.

Sunday School	Sundays - 10:30 a.m.	Classes for pre-K through 8th grade
G3 Youth Group	Sundays - 5:00 p.m.	Youth group for middle schoolers and high schoolers
High School Bible Study	TBD	Led by Tom Leary and Richard Leach - will begin with a new topic after Easter
Adult Bible Study	TBD	Will begin with a new study after Easter
Lenten Series	March 3, 10, 17, 24, & 31, 2004	Led by Karen and Greg Strong
Youth Retreat to Creation Fest	June 23 - 26, 2004	
VBS	July 2004	
Youth Service Project	Summer 2004	

“Saint Matthew’s Own”

NANCY PRESTIPINO

in **CONCERT** at

The Tally Ho Theatre in Leesburg

Sunday, March 14 - 7:00 PM

with Gary Smallwood on guitar, Nathaniel Davis on drums,
Glen Quader on bass and Daniel Greenberg on percussion

Opening Bands:

Blue Mountain Groove & Virginia Flute Cocktail

Adults \$10, Children (under 12) \$5 • Visit www.tallyhotheatre.com or call Nancy at 540-338-4730 to reserve your tickets!



Interior Renovation Committee

The Interior Renovation Committee has selected new round tables and stackable chairs for the Parish Hall. Our plan is to keep some of the tables up around the periphery of the room to encourage conversation between our Sunday services. One table in the Parish Hall will be used only for displaying information on current church events, signups, classes, special functions, and fundraisers. As our ministries are growing we want to have a general location where information can be found and distributed. We encourage everyone to gather in fellowship in our Parish Hall after the Sunday services!

The passage to Bethel was littered with rock
Where the glacier, advancing, had forced a v-notch
Through the cross-angled ridge. The ice long since had melted
And dropped the cut stones as a cool careless boy might
Abandon his toys. They so leaned on each other
Wherever they settled, some taller than houses
With clefts in between where I picked my way blithely
Assuming my choice wouldn't end in a wall.
Oh, but sometimes it did, and I found my way back
To each fork where my wisdom fell sour.
Frustrated at last when no foray brought progress
I looked to one side, and the foot of a cliff
That invited my climb. Then a few steps, and tree roots well placed
And I had the sky's view of a rollicking grand game of jacks.
I longed for the strength, too, to play it!
But set out beneath me I saw the sure thread
Stretching from the far end of the notch, clearly through
And beyond my own place of despair.
I traced its bent shape on the back of my hand
And facing the afternoon sun, set my course
With a will and a way. Yes, I stumbled at times
But was home at the end of the day.

How often I've fumbled, I've fallen, I've wasted
Long hours to no purpose, missed chances to love,
Got lost among boulders, my soul devastated
But got back on track with a view from above.

Matt Brown

From the Vestry - January 2004

The vestry met twice in January. Primary matters of business before the vestry included completion and authorization of the 2004 budget and the transition to the new vestry. This summary covers matters from both meetings.

Charlie Biegel, treasurer, updated the 2003-2004 stewardship campaign. He also reviewed the 2003 year-end financials and presented a draft of the 2004 budget. The vestry went over the draft 2004 budget in detail: the number of pledges and total dollars of pledges for 2004 to date; and projected income and expenses for 2004 by category. After discussion, the vestry approved a budget for 2004. Additionally, Richard Leach reported on possible ways to use a \$30,000 overage from 2003. After consideration, Tom Leary was asked to research the possibility of hiring a youth minister.

With the beginning of a new year, three members who served faithfully in their terms went off the vestry: John Guenther, Allen Tuttle, and Paula Reardon. New members were elected to the vestry at the Annual Meeting (January 25) and attended their first vestry meeting on January 27: Meredyth Breed, Dennis Collins, Vicki Nelson, Steve Weser, Leanna Wilson, and Kris Young. Richard Leach was elected Senior Warden; Linda Clark, Junior Warden; and Charlie Biegel, treasurer.

In new business, Rob Merola noted that he contacted Regal Theaters to rent a theater for a showing of "The Passion of the Christ" on February 23. The vestry authorized Rob to proceed with Regal and to form a task force to oversee planning for this as an outreach event.

After a report by Tom Leary on possible technology upgrades for the sanctuary, the vestry approved a plan to approve purchase (from the Mustard Seed Grant) of equipment to improve multimedia capabilities for worship services.

Holy Week Services

If you think about it, there is no holier time of the church year than Easter since if there had been no Easter, there would be no Christmas, or any other church holidays for that matter. This year, Saint Matthew's is offering a variety of services so that everyone can participate. The Holy Week services are the following:

PALM SUNDAY

Services will be at 8:00 a.m., 9:30 a.m. and 11:00 a.m. The Liturgy of the Palms will be used at the 8:00 a.m. and 11:00 a.m. services. The 11:00 a.m. service will include the Procession of Palms which will begin outside, weather permitting (in the Parish Hall if the weather does not cooperate), and proceeding into the church. All services will include a dramatic reading of the Passion.

MAUNDY THURSDAY

This service will be at 7:30 p.m. and will include the foot washing and stripping of the altar, with special music.

GOOD FRIDAY

There will be a Good Friday liturgy at 12:00 noon. At 6:30 p.m., we will have the Stations of the Cross outdoors on the church grounds (weather permitting), followed by the 7:30 p.m. Good Friday liturgy. There will be no Eucharist at either of the services.

HOLY SATURDAY

There will be a brief service of the Holy Saturday liturgy at 10:00 a.m.

EASTER

There will be four services on Easter morning.

6:00 A.M. The first service will be a sunrise celebration using the Great Vigil of Easter. This is a very dramatic service, including the Service of Lights. It begins with the Kindling of the Paschal Fire, and continues with a candlelight procession led by the newly lit Paschal Candle into the church while the Exsultet is sung. The first part of the service continues by candlelight as the sun rises, just as the sun rose over Jesus' empty tomb. Then, key Bible readings retell the history of our salvation. This is followed by the Renewal of our Baptismal Vows and, finally, the Holy Eucharist.

After the service, there will be a Champagne Breakfast served. Of course, those who wish to come early for the 8:00 a.m. service (or anyone else for that matter) is welcome to join us for breakfast. There will be a sign up for the Champagne Breakfast, or you can simply call the church office at 703-430-2121 to let us know you are coming.

8:00 A.M. This service will be a traditional Rite I Eucharistic celebration.

9:30 A.M. This service will be an informal, family friendly Rite II Eucharist including prayer and praise music.

11:00 A.M. This service will be the final service of the day. It will be a Rite II Eucharist including incense, traditional hymns, and special music to mark the day.

Following the 11:00 a.m. service there will be an Easter egg hunt for the young and the young at heart.

We are sure that any of these services will lift your heart and will make this Easter a special time of praise, celebration, and renewal. Make sure to bring any friends, family, or even strangers who may not have a place to worship on Easter.

Vacation Bible School

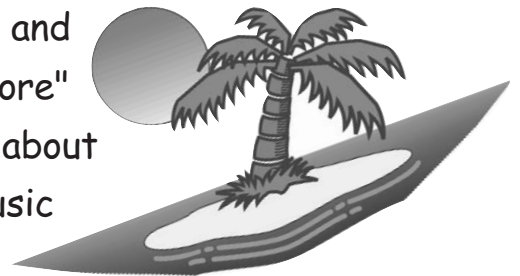
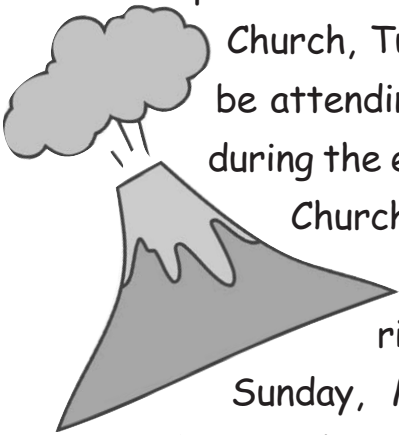
Coming July 2004

Even though it's cold outside, we're already dreaming and planning for the hottest summer as we set out for

Lava, Lava Island: Where Jesus' Love Flows!

We are working with three other churches to "go bananas" with our decorating plans. Decorating volunteers are invited to meet at Galilee United Methodist Church, Tuesday, March 2, at 7:30 p.m. Please let Jodie know if you will be attending. Currently, we anticipate VBS to be the week of July 26-30 during the evening. We are sharing our facility with Potomac Falls Episcopal Church, and they are planning the daytime VBS during the week of July 19-23. Come join the "core team" and help the lava flow in the right direction! Mark your calendars for

Sunday, March 14, 12:00 noon - 1:00 pm and
Sunday, April 18, 12 noon - 1:00 pm for our first "core" meetings. We will begin planning and making decisions about this great summer event! Registration forms and music CDs to purchase will soon be available. For more information, contact Jodie Leach: 703-421-6310, or JodieLeach2@aol.com.



The Classroom of Discovery

has openings for the current session of the Adult-Tot class. This class meets from 9:00 a.m. to 10:30 a.m. on Mondays and emulates a regular preschool class in structure. Children attend with an adult caregiver. Please call Sheri Brown at 703-927-3333 if you are interested.

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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*Saint Matthew's
Episcopal Church*
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Sterling, VA 20164



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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 2:00 PM
E-mail: OfficeManager@stmatthewssterling.org
Internet: <http://www.stmatthewssterling.org>

DEADLINE FOR NEWSLETTER SUBMISSIONS

All content for the APRIL newsletter must be submitted by MARCH 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.