

THIS WEEK	
JAN 22:	8:00 AM – Rite I Worship Service 9:30 AM – Contemporary Service 11:00 AM – Rite II Worship Service 12:30 PM – Cherubim Children's Choir <b>12:30 PM – Mac and Cheese Bake Off</b> 2:30 PM – EFM 3:00 PM – MCVN 5:30 PM – SNL for Middle Schoolers 7:00 PM – AA 7:00 PM – SNL for High Schoolers 7:00 PM – Concert Rehearsal
JAN 23:	9:00 AM – Classroom of Discovery 12:30 PM – All Ages Read Together 6:30 PM – ESOL 7:00 PM – MCVN 7:30 PM – Free to Live Small Group and Bread of Life Small Group
JAN 24:	9:00 AM – Classroom of Discovery 10:00 AM – All Ages Read Together 11:00 AM – Backpack Buddies Packing 7:00 PM – Vestry Meeting 7:00 PM – AA 7:30 PM – Band Rehearsal
JAN 25:	9:00 AM – Classroom of Discovery 9:15 AM – Bridge to Discovery 12:00 PM – AA 12:30 PM – All Ages Read Together 5:30 PM – NA 6:00 PM – Odyssey of the Mind
JAN 26:	9:00 AM – Classroom of Discovery 10:00 AM – All Ages Read Together 12:00 PM – Bible Study 7:30 PM – Seraphim Choir Rehearsal 7:30 PM – Women's Group 7:30 PM – PACO Rehearsal
JAN 27:	9:00 AM – Classroom of Discovery 6:30 PM – Concert Set-up and Concert 7:00 PM – MCVN 7:00 PM – Old Dominion Dancers 7:30 PM – Concert Series: Glenn Fink
JAN 28:	7:00 AM – Flower Guild 7:30 AM – Men's Group 8:00 AM – Fellowship Breakfast 4:00 PM – Band Rehearsal 5:00 PM – Contemporary Service 7:00 PM – MCVN and AA 10:00 PM – MCVN

ATTENDANCE		
JANUARY 14 & 15, 2017		
Time or Place	Service	Attend.
Saturday 5:00 PM	RII	70
8:00 AM	RI	21
9:30 AM	RII	145
11:00 AM	RII	96
Faith Factory		43
Sunrise	MP	6

FINANCIAL UPDATE	
AS OF JANUARY 1, 2017	
Revenue Required for 2017	\$757,771
Revenue Received YTD	\$3,083

### CONTACT INFORMATION

**Saint Matthew's telephone and fax:**  
703-430-2121 (phone)  
703-430-2638 (fax)

**Saint Matthew's web site:**  
<http://www.stmtts.org>

A nursery for *children* is provided at all four services.

### E-mail Us:

The Rev. Rob Merola, Rector  
[Rob@stmtts.org](mailto:Rob@stmtts.org)

Elliott Smith, Associate Pastor  
[Elliott@stmtts.org](mailto:Elliott@stmtts.org)

The Rev. Joe Gann, Assoc. for Pastoral Care  
[jgann@stmtts.org](mailto:jgann@stmtts.org)

Miriam, Office Manager  
[Office@stmtts.org](mailto:Office@stmtts.org)

Ashly Townsend, Children's Minister  
[ashly@stmtts.org](mailto:ashly@stmtts.org)

Kevin Fletcher, Music Minister  
[kevin@stmtts.org](mailto:kevin@stmtts.org)

### Vestry:

Pat Pritchett, *Senior Warden*  
Steve Buck, *Junior Warden*  
Theresa Helein, Dan Robertson, Susie Harding, Marcia Rugen, Joe Sharp, John Thomas

HAPPY ANNIVERSARY	
JANUARY 23:	Pat & Tom Buehler
JANUARY 24:	Renee & John Martin
JANUARY 28:	Anjoli & Adam Cranson

THE THIRD SUNDAY AFTER THE  
EPIPHANY  
SAINT MATTHEW'S CHURCH  
January 22, 2017

### Welcome...

...to Saint Matthew's. We trust you will find us to be a church of joyful worship, loving community, and vibrant witness to our Lord Jesus Christ. We could not be more excited about all that God is doing in our midst. We are grateful for this opportunity to worship with you today. We look forward to sharing our life with you in whatever way God leads – whether just this Sunday or as a long time member.

### Save the Date

January 27 – Concert Series: Glenn Fink  
January 26 – 29 – High School Ski & Winter Retreat  
January 29 – Parish Annual Meeting & Children's Choir  
February 2 – First Friday Fun & Fellowship  
February 10 – Concert Series: Exploration of Latin American Music  
February 11 – Guest Speaker on Immigration  
February 12 – Episcobowl Boot Camp  
February 26 – Chili Cook Off  
February 28 – Shrove Tuesday  
March 1 – Ash Wednesday  
March 4 – 3<sup>rd</sup> Annual Children's Wellness Day  
March 11 – Community Lunch  
March 17 – Concert Series: Keltish  
April 23 – Earth Day Celebration with Plant Adoption and Wild Animals  
July 24-28 – Vacation Bible School

### Cherubim Children's Choir

The Cherubim Children's Choir will be singing on **Sunday, January 29<sup>th</sup>** at 11am. Please plan to attend this service to hear the angelic children's voices of Saint Matthews.

### Intercessory Prayer List

The Saint Matthew's intercessory prayer list is for 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 ongoing 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 to. Please pray for the following people:

James, Hugh, Sean, Kevin, Mona, Kevin and family, Andrew and family, Bob and family, Kiia and family, Lusak and family, Jackie, Don, Dean, Pops, Don, Jennifer, Marcia, Claudia, Rob, Ruth, Courtney, Emma, Brenda, Gairo, Dean, Valerie, Ashton, Bob, Darrell, Becca and family, Rick and family, Maniusko Family, Griffin's family, Tricia, Liz, Gladys, Shaunte, Tom, Mary Ann, Judy, Alex and family, Rachel, Brenda, Richard, Robin, Ellie, Lou, Dara, Laura, Anna, Missy, Hazel, Brian's family, Debbie, Amanda, Ana, Dan, Tony, Koko, Cliff, Judy, Adam, Jim, Charles, Nicholas, Fred, David, Rosie Lee, Anige, Michelle, Frank, Barbara, Joe, Anne, Kristen's family, Alina's family, Liisa's family, Hitchcock family, Jonne's family, Don, Jon, Denise, Emma, Jackie's family, Rashana, Scott, Mary, Norfleet & family, Jeanne, Kim, Jake, Kevin, Jen, Troy, Lanie, Becky, Michael, Johnny, Keith, Christina and Mason.

**If you or someone you care about is in need of Pastoral Care, please do not hesitate to call 703-430-2121.**

### Requests for Prayer Shawls

To request a prayer shawl for yourself or someone else, please send a request to [barocon7@aol.com](mailto:barocon7@aol.com).

### Sunday Night Live for Teens

**New Times!** SNL meets Sunday nights in the trailer. 6th-8th graders are invited to join from 5:30-7:00, and 9th-12th graders from 7-8:30. We'll see you there for relevant teachings, life-changing small groups, wacky activities, and worship.

**High School Winter Retreat & Ski Trip** at the end of this month; a few days of snow fun, good food, worship, bible study, and games in the Pennsylvania wilderness. Check out the Saint Matthew's Youth Facebook page for more details! All high schoolers are invited and are encouraged to bring some friends, and while the price is \$200 (does not cover ski/snowboard rentals), there are scholarships ALWAYS available, so invite everyone!

### Shrove Tuesday Pancake Supper

Shrove Tuesday is coming up on February 28<sup>th</sup>, and rumor is that Pancake Tuesday is going to be a huge event! All middle school and high school youth will be volunteering, and more details are forthcoming, but you're not going to want to miss this Tuesday evening extravaganza!

### 3rd Annual Children's Wellness Day

**Saturday, March 4<sup>th</sup> from 2:00-5:00pm**

Kids, it's time to get out and active! Save the Date for our 3rd Annual Children's Wellness Day on Saturday, March 4<sup>th</sup> from 2:00-5:00pm. This is a free community event and all are welcome. More details to come soon! We hope to see you there!

### Vacation Bible School 2017

Save the date for the most awesome week of the summer! Vacation Bible School 2017 will be held in the evening July 24<sup>th</sup>-28<sup>th</sup>! Be on the lookout next month for the announcement of the 2017 VBS theme!

### Preventive Health Screening

Life Line Screening, a leading provider of community-based preventive health screenings, will host their affordable, non-invasive health screenings on March 23<sup>rd</sup> at Saint Matt's. Five screenings will be offered that scan for potential health problems related to: blocked arteries; abdominal aortic aneurysms; hardening of the arteries; irregular heart beat; and a bone density screening. Register for a Package which includes 5 tests/screenings from \$149. In order to register for this event, please call 1-888-653-6450 or visit [www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners).

### Mac and Cheese Bake Off – Today!

Today is going to be a "grate" day as we kick-off the Saint Matthew's Mac and Cheese Bake-off **after the 11am service**. Hope to see you there!

### Backpack Buddies Needs Your Help!

Backpack Buddies is currently feeding 220 students at 7 different schools and we ALWAYS need help restocking our pantry! Individual-sized: 100% juice boxes, protein (canned tuna, chicken, Vienna sausages, beans, ravioli), snacks (granola or cereal bars, fruit gummies, pudding), shelf-stable milk, Ramen noodles, mac n' cheese, and fruit cups.

Consider having your office hold a food drive! I'm happy to assist by providing information, grocery bags to fill or even picking up food.

Feel free to join us any Tuesday to help pack. Upcoming dates: January 24<sup>th</sup> and 31<sup>st</sup> at 11am. Our monthly evening pack: February 7<sup>th</sup>, 7:00 pm. If you have any questions, please contact Carol: [carolwhitakerblack@gmail.com](mailto:carolwhitakerblack@gmail.com)

### Relational English Ministry

Classes resume this Monday, January 9<sup>th</sup>. We can always use volunteers, and help spreading the word about this community offering. For further information, call Roz 423-202-0007.

### Life Stages

Are you dealing with aging parents while dealing with your own aging and the changes in the family as children move out and (supposedly) up? Well, we have a group for you. Our Sandwich Generation Small Group meets the **1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month at 7:30pm** in classroom four at Saint Matthew's. We provide support and resources to help us through this journey that, frankly, no one ever told us about! All are welcome!

### Guest Speaker on Immigration

**Saturday, February 11, 2pm-3:30pm**

Dr. Debra Lattanzi Shutika will be giving a talk on US immigration at Saint Matthew's. This seminar is recommended for those working in ESOL and to all of us as we live out the biblical mandate to welcome strangers in our midst. Dr. Shutika is the author of *Beyond the Borderlands Migration and Belonging in the U.S. and Mexico*, a study of immigration and community response. She is chair of the English Department at George Mason University.

### Episcobowl is Back!!!

**Sunday, February 12, 3pm**

Grab your workout gear, your brain and your brawn! We will be Old vs. New in this fun Alphabet Bootcamp. Each team will have a bag of Old and New Testament key words of places & people that you have to "work out" to. Each letter to the words corresponds to a different exercise, for example: L for Lunges and P for Push-Ups. To complete the word you need to "spell it". Each team to finish their bag and divide which words fall into Old or New Testament will win. Bring a towel and if you have a yoga or foam mat, bring that too! Don't worry, we'll have extras!

### Chili and Cornbread Cook Off

**Sunday, February 26, 12:15pm**

Long range forecasts are notoriously inaccurate but we can guarantee it will be "chili with a chance of cornbread" on Sunday, February 26<sup>th</sup> at St. Matt's as our annual Chili Cook-off makes its much anticipated return.

Time to dust off your favorite recipe and get fired up. All are welcome to enter. All are welcome to taste. So stock up on the Roloids (especially if you plan on sampling Father Rob's famous nuclear chili), mark your calendars and join us for St. Matt's longest running culinary competition. The heat is on.

### HAPPY BIRTHDAY

JANUARY 22:	Glenn Lintelman
JANUARY 22:	John Runski
JANUARY 24:	Claire Prough
JANUARY 24:	Lexi Swinimer
JANUARY 24:	Natalie Brennan
JANUARY 25:	Ceci O'Grady
JANUARY 26:	Alice Otis
JANUARY 26:	Allison Lesser
JANUARY 26:	Alex Davenport
JANUARY 26:	Madison Basil
JANUARY 27:	Grace Kelly
JANUARY 28:	Robby Pourtorab
JANUARY 28:	Alyson Severino