

## THIS WEEK

JAN 29:	8:00 AM – Rite I Worship Service 9:00 AM – Annual Business Meeting 9:30 AM – Contemporary Service 10:30 AM – Annual Business Meeting 11:00 AM – Rite II Worship Service 12:30 PM – Cherubim Children's Choir 12:00 PM – Annual Business Meeting 2:30 PM – EFM 3:00 PM – MCVN 5:30 PM – SNL for Middle Schoolers 7:00 PM – AA
JAN 30:	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 31:	9:00 AM – Classroom of Discovery 10:00 AM – All Ages Read Together 11:00 AM – Backpack Buddies Packing 7:00 PM – AA 7:30 PM – Band Rehearsal
FEB 1:	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 7:30 PM – Sandwich Generation
FEB 2:	9:00 AM – Classroom of Discovery 10:00 AM – All Ages Read Together 12:00 PM – Bible Study 7:30 PM – Seraphim Choir Rehearsal
FEB 3:	9:00 AM – Classroom of Discovery 7:00 PM – MCVN 7:00 PM – Old Dominion Dancers 7:30 PM – First Friday Fun & Fellowship
FEB 4:	7:00 AM – Flower Guild 7:30 AM – Men's Group 8:00 AM – Prima Home Health 4:00 PM – Band Rehearsal 5:00 PM – Contemporary Service 7:00 PM – MCVN and AA

## HAPPY BIRTHDAY

JANUARY 29:	Mason Turner
JANUARY 29:	Makena Marvin
JANUARY 31:	Danny Cox
FEBRUARY 1:	Christine Beltrane
FEBRUARY 2:	Luiz Gazoni
FEBRUARY 2:	Elizabeth Pepper
FEBRUARY 3:	Gladys Montanez
FEBRUARY 3:	Danielle Rickard
FEBRUARY 3:	Dawn Deaso
FEBRUARY 3:	Tommy Royer

## ATTENDANCE

JANUARY 21 & 22, 2017

Time or Place	Service	Attend.
Saturday 5:00 PM	RII	31
8:00 AM	RI	21
9:30 AM	RII	179
11:00 AM	RII	130
Faith Factory		73
Sunrise	MP	8

## 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.stmmts.org>

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

### E-mail Us:

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

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

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

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

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

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

### Vestry:

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

## THE FOURTH SUNDAY AFTER THE EPIPHANY

SAINT MATTHEW'S CHURCH

January 29, 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

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 Pancakes

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 19 – Financial Peace University

April 21 – Concert Series: Dog City Hoedown Trio

April 23 – Earth Day Celebration with Plant Adoption and Wild Animals

June 26-30 – Middle School Mission Trip  
July 24-28 – Vacation Bible School

July 30 – August 7 – High School Adventure Trip

### Financial Peace University

FPU is returning this April. For more information or registration go to [Facebook.com/StMatthewsEpiscopalChurch/events/](https://www.facebook.com/StMatthewsEpiscopalChurch/events/)

### 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, Mason, Ali, Hazel, and Justin.

**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**

The High Schoolers are away this weekend in the Pennsylvania wilderness.

### **High School Adventure Trip, July 30 through August 7**

We're going to be caravanning all the way to the mountains of Montana. This is going to be an epic trip and a powerful and unique spiritual experience, open to rising 2017 9<sup>th</sup> graders, 2017 graduated 12<sup>th</sup> graders, and everyone in the middle! Don't miss this opportunity. More details will be announced soon; scholarships always available.

### **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>! Read the February newsletter 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).

### **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 Dept. at George Mason University.

### **Scout Sunday, March 11-12**

All Scouts, former Scouts and Scout Leaders are invited to participate in Scout Sunday. From ushers to communion to a homily, Scouts can help at all services. There will be an informational meeting Sunday, February 12 after the 9:30 and 11am services. For more information, contact Mason Turner [mason@mac.com](mailto:mason@mac.com)

### **ESOL Continues**

St. Matt's ESOL program continues to reach non-native speakers of English at all levels of proficiency. We meet from 6:30-8:30 Monday evenings. See Roz Gann for more details: 423-202-0007.

### **Fight Breast Cancer!**

Breast cancer impacts everyone. We all know several people in our St. Matthew's family that have battled this deadly disease. If you would like to help fight breast cancer, please join me in the 2017 Avon 39, The Walk to End Breast Cancer in Washington DC on May 6-7, 2017. I will be available in the Parish Hall after each Sunday worship service to talk about my experience with this walk and to answer your questions. Or contact me at [susan.e.jones@hotmail.com](mailto:susan.e.jones@hotmail.com).

### **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 or places & people that you have to "work out" to. Each letter of 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". The first 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 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.

### **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!

### **Backpack Buddies Needs Your Help!**

Backpack Buddies is currently feeding 220 students at 7 different schools in Sterling and we ALWAYS need help restocking our pantry! Individual-sized: 100% juice boxes/packs, protein (canned tuna, chicken, Vienna sausages, beans, ravioli), snacks (granola or cereal bars, fruit gummies, pudding), shelf-stable milk, Ramen noodles, mac n' cheese, 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 31st and February 14th at 11:00am. Save the date for our monthly evening pack: February 7th, 7:00 pm.

If you have any questions, please contact Carol: [carolwhitakerblack@gmail.com](mailto:carolwhitakerblack@gmail.com)