

Fifth Sunday after Pentecost Sunday, June 23, 2024



YOUTH GROUP EPIC SUMMER OF FUN STARTS NOW!

Parents, have your rising 6th–12th graders outgrown the traditional camp experience, but they are still looking for opportunities to have fun, serve, and have adventures? Then St. Matt's summer youth group is where it's at! From a day trip to NYC to see Hamilton to fun weekly events like Fireworks, Volcano Island, and Bowling, and service opportunities–it's a jam packed, epic summer of fun. Learn more at stmtts.org/youth-events.



VACATION BIBLE SCHOOL JULY 22-26, 2024 REGISTER :STMTTS.ORG/VBS

Join us for our favorite Summer Camp Experience, VBS! This summer, kids will dive into an ocean of discovery, learning God is a real friend who loves them forever!

To make VBS an awesome experience for our community, we need many volunteers, both adults and teens. Teen helpers are invited to stay each evening after VBS for special fun activities! Service hour certificates are provided.

WELCOME

We know that going to church or to a new church for the first time can be nerve-racking. We want to help make your first experience at St. Matthew's a great one!

If this is your first visit to Saint Matthew's, we welcome you. Please join us between services for coffee, tea and refreshments in the Parish Hall. For more information about our community, visit our website www.stmtts.org. We are so glad you are here!



COMMUNION OF THE PEOPLE

All baptized Christians are welcome to participate in communion. If you would like to receive, simply place one hand on top of the other, palms up, and the priest will place bread in your hand. You may then consume the wafer. If for any reason you prefer to receive a blessing, simply cross your arms across your chest and the priest will give you a blessing. Gluten free wafers are available upon request.

Would you like to learn more about baptism? Please visit our website: stmtts.org/baptism or contact our office via email at Office@stmtts.org or phone at 703-430-2121.

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:

James, Sean, Sieg, Chuck, Lea, Bonnie, Arthur, John G, Glo, Deb, Teressa, Mel, Eric, Debbie, Marshall, Ruth, Remmie, Webster, Julia, Madison, Nora, Robert, Missy, Tom, Lynne, Arianna, Amy, Jackie, Ann, Kay, Jane, Panita, Mary Ann, Sharp Family, Amelia, Kassadi, Kyle, Samantha, Dawn, Rudy, Kay, Clarissa, Huxsten, Dottie, Jonathan, Ageanna, Becky, RL, Darla, Gerry, Paul, Jenny, Reena, Sarah, Brandi, Barbara, Michael, Peggy, Emett, Cathleen, Ray, BMR, Asley, Robyn, Emma, Frances, Christy, Nick, Gus, Jim, Bill, Aldana, Clint, Chealsie, Edgar, Rusty, Anne, Shelby, Kiera, Marty, Verdun, Candace, Kevin, John, Ome, Renee, Grace, Kristina, Fire Victims, Freya, Ava, Steve, Natalie, Kristen, Sophia, Sadie, Shaundra, Larry, Don, and Fabiano.

If you or someone you care about are in need of Pastoral Care, please call 703-430-2121.

8 AM SERVICE

The Word of God

Opening Prayer	
Acclamation and Collect for Purity	355
Holy God	356
Collect of the Day (contemporary)	Insert

Lessons

First Reading • 1 Samuel 17:57-18:5, 10-16

Psalm • 133

Second Reading • 2 Corinthians 6:1-13

Gospel • Mark 4:35-41

Sermon	The Reverend C. Robert Merola, Jr.
Nicene Creed	358
Prayers of the People, Form VI	392
Confession of Sin and Absolution	359-360
Peace	360

Announcements & Welcome

The Holy Communion

Presentation of Tithes and Offerings

(An offertory plate is not passed at this service. If you wish to make a donation, the collection plate can be found at the back of the church, or donations are accepted online at www.stmtts.org/give)

All things come of thee, O Lord,

And of thine own have we given thee.

Great Thanksgiving • Eucharistic Prayer A	361
The Lord's Prayer	364
Breaking of the Bread	364
Invitation to Communion	364
Communion of the People	
Post-Communion Prayer	366
Blessing	
Procession into the World	366

9:30 AM SERVICE

The Word of God

Welcome

Opening Prayer

Opening Songs (stand through the Gospel)

Song • Why Can't We Be Friends

Song • Gospel Song

Gospel • Mark 4:35-41

Sermon

The Reverend C. Robert Merola, Jr.

Prayers of the People

Peace

Announcements & Welcome

The Holy Communion

Offertory

(An offertory plate is not passed at this service. If you wish to make a donation, the collection plate can be found at the back of the church, or donations are accepted online at www.stmtts.org/give)

Great Thanksgiving (stand through Communion)

Eucharistic Prayer

Sanctus

The Lord's Prayer

Breaking of the Bread

Communion of the People

Song • Thankful for the Scars

Closing Prayer (stand through dismissal)

Blessing

Closing Song • Survivor

Dismissal

11 AM SERVICE

The Word of God

Processional Hymn • #379 • God is Love (all verses) Acclamation and Collect for Purity 355 Gloria • S280 Collect of the Day (Contemporary) Insert Lessons First Reading • 1 Samuel 17:57-18:5, 10-16 Psalm • 133 Second Reading • 2 Corinthians 6:1-13 Gospel • Mark 4:35-41 Sermon The Reverend C. Robert Merola, Jr. Nicene Creed 358 Prayers of the People Confession of Sin and Absolution 359-360 Peace 360 Education for Ministry Graduation Announcements & Welcome The Holy Communion Offertory Anthem . Down to the River arr. Ken Medema Presentation of Tithes and Offerings Doxology • Great Thanksgiving • Eucharistic Prayer C 369 Sanctus • Hymnal S114 The Lord's Prayer 364 Breaking of the Bread 364 Invitation to Communion Communion of the People Communion Hymn • #593 • Lord Make Us Servants (all verses) Post-Communion Prayer 366 Blessing Procession into the World • #602 • Jesu, Jesu, Fill Us with Your Love (all verses)

366

Dismissal



YOUTH GROUP ON SUNDAYS

Donuts and Discovery: Middle and high school students are invited to meet on Sundays at 9:30 AM in classroom four.

Stay updated with all the youth happenings by using Band App!
Scan the QR code to join for group updates, chats, & event reminders.

WEDNESDAY, JULY 10 HAMILTON IN NYC! Cost: \$125

Youth and chaperones are invited to a day trip to NYC to step into the world of history and hip hop as we experience Hamilton-live on Broadway. Bus fare, show tickets, and lunch are included. Additional details on this trip and more can be found on the website. RSVP is required and space is limited!

STMTTS.ORG/YOUTH-EVENTS

More summer fun and opportunities for service hours:

July 4–Fireworks!
July 7–Bowling
July 10–Hamilton in NYC
July 15–Volcano Island
July 22-26–VBS
July 29–Aug. 3–Serve & Fun Camp

Find all upcoming events on the Band App and/or website:

STMTTS.ORG/YOUTH-EVENTS



LUNCH & LEARN SUMMER SERIES TUESDAYS AT 12PM STMTTS.ORG/LUNCH-AND-LEARN

Are you a high school graduate or college aged young adult eager to gain valuable skills? This series of free classes is designed to equip you with essential tools for personal and professional growth. This week, June 25 is social media basics and personal content awareness. Register at the link above.

Bring along a bag lunch, something for taking notes, and be prepared to engage and learn!



OPIOID OVERDOSE TRAINING TUESDAY, JULY 16, 12PM

You've likely heard about the opioid overdoses which are ravaging our schools and communities. St. Matt's is proud to offer training on how and when to administer Naloxone - a simple way to reverse an opioid overdose. Those who register for this free training by July 9 will receive a dose of Naloxone. Register today by emailing Office@stmtts.org



CELEBRATION GARDEN STMTTS.ORG/GARDEN

Volunteers of all ages are welcome to THURSDAYS AT 12PM help supply fresh produce to those in need in our community! Join us on Tuesdays at 8:30AM. Questions? Contact Heidi at garden@stmtts.org.



MEN'S GROUP SATURDAYS AT 8AM

All men are welcome to meet in the classrooms on the hill for fellowship, Bible study, and encouragement. Contact mensgroup@stmtts.org.



ROB RECOMMENDS STMTTS.ORG/ROBREADS

Rev. Rob often recommends books in Sunday messages. If you're looking to add to your summer reading list, check out some of his latest suggestions at the link above.



JUNE/JULY BIBLE STUDY WEDNESDAYS AT 7PM AND

Starting Wednesday, June 26 and Thursday, June 27, we'll finish watching season four of the Chosen.



WOMEN'S MINISTRY STMTTS.ORG/WOMENSGROUPS

Sunday Women's Small Group is back for the summer. Please join us from 2PM-3:30PM in classrooms 1 & 2 on June 23, July 7, July 21, Aug 4, Aug 18, and Sept 1. For more information, or to be added to the What's App group, please contact Sara at Office@stmtts.org.

Registration for our 2024 Women's Retreat, September 20-22, is open. Visit the link above for details and registration. Space is limited.

FOLLOW US ON SOCIAL MEDIA







VACATION BIBLE SCHOOL DECORATION PREP DAYS

We need YOU to help prepare for the best week of summer! Join us as we create fun art to decorate the walls (and ceiling) of St. Matthew's to share our SCUBA VBS theme. All supplies will be provided. Join us: Sunday, July 7, 10:30AM or Tuesday, July 2, 9, & 16 from 1-3PM



VACATION KIT

Stay connected to Saint Matt's this summer with a church vacation kit available starting Sunday, June 16.



SEND ST. MATT'S A POSTCARD

We'd love to hear about your travels this summer. Send a postcard to: 201 E. Frederick Dr, Sterling, VA 20164



SUNDAY SUMMER FUN

Join us for worship each Sunday and also enjoy fun and games with our summer interns in between the 9:30 and 11:00 AM services!

Sunday, June 23-Bubbles & Chalk Sunday, June 30-Red, white, and blue popsicles and Capture the Flag Sunday, July 7-VBS Décor Making Sunday, July 14 - Macaroni and Cheese Day-bring your favorite Mac and Cheese to share during coffee hour.



GAME NIGHT FRIDAY, JUNE 28, 6-9PM

Do you love tabletop games? Parks, Forbidden Desert, Sushi Go, Wing Span, Who Killed Dr. Lucky? There are so many great games! Which is your favorite? Bring your favorite game and a snack to share, as we hang out and try new games. We meet the last Friday of each month. in classrooms 1 & 2. (No meeting in July due to VBS.)

**Childcare now available upon request. Email Miriam at Office@stmtts.org.



5 PENTECOST

Fourth Sunday after Pentecost: Proper 7



Revised Common Lectionary TRACK ONE

COLLECT

June 23, 2024

Traditional

O LORD, we beseech thee, make us to have a perpetual fear and love of thy holy Name, for thou never failest to help and govern those whom thou hast set upon the sure foundation of thy loving-kindness; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. *Amen*.

Contemporary

O LORD, make us have perpetual love and reverence for your holy Name, for you never fail to help and govern those whom you have set upon the sure foundation of your loving-kindness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

FIRST READING: 1 Samuel 17:[1a, 4-11, 19-23], 32-49

[NOW THE PHILISTINES gathered their armies for battle, and there came out from the camp of the Philistines a champion named Goliath, of Gath, whose height was six cubits and a span. He had a helmet of bronze on his head, and he was armed with a coat of mail; the weight of the coat was five thousand shekels of bronze. He had greaves of bronze on his legs and a javelin of bronze slung between his shoulders. The shaft of his spear was like a weaver's beam, and his spear's head weighed six hundred shekels of iron; and his shield-bearer went before him. He stood and shouted to the ranks of Israel, "Why have you come out to draw up for battle? Am I not a Philistine, and

are you not servants of Saul? Choose a man for yourselves, and let him come down to me. If he is able to fight with me and kill me, then we will be your servants; but if I prevail against him and kill him, then you shall be our servants and serve us." And the Philistine said, "Today I defy the ranks of Israel! Give me a man, that we may fight together." When Saul and all Israel heard these words of the Philistine, they were dismayed and greatly afraid. Now Saul, and they, and all the men of Israel, were in the valley of Elah, fighting with the Philistines. David rose early in the morning, left the sheep with a keeper, took the provisions, and went as Jesse had commanded him. He came to the encampment as the army was going forth to the battle line, shouting the war cry. Israel and the Philistines drew up for battle, army against army. David left the things in charge of the keeper of the baggage, ran to the ranks, and went and greeted his brothers. As he talked with them, the champion, the Philistine of Gath, Goliath by name, came up out of the ranks of the Philistines, and spoke the same words as before. And David heard him.] David said to Saul, "Let no one's heart fail because of him; your servant will go and fight with this Philistine." Saul said to David, "You are not able to go against this Philistine to fight with him; for you are just a boy, and he has been a warrior from his youth." But David said to Saul, "Your servant used to keep sheep for his father; and whenever a lion or a bear came, and took a lamb from the flock, I went after it and struck it down, rescuing the lamb from its mouth; and if it turned against me, I would catch it by the jaw, strike it down, and kill it. Your servant has killed both lions and bears; and this uncircumcised Philistine shall be like one of them, since he has defied the armies of the living God." David said, "The Lord, who saved me from the paw of the lion and from the paw of the bear, will save me from the hand of this Philistine." So Saul said to David, "Go, and may the

Lord be with you!" Saul clothed David with his armor; he put a bronze helmet on his head and clothed him with a coat of mail. David strapped Saul's sword over the armor, and he tried in vain to walk, for he was not used to them. Then David said to Saul, "I cannot walk with these; for I am not used to them." So David removed them. Then he took his staff in his hand, and chose five smooth stones from the wadi, and put them in his shepherd's bag, in the pouch; his sling was in his hand, and he drew near to the Philistine. The Philistine came on and drew near to David, with his shield-bearer in front of him. When the Philistine looked and saw David, he disdained him, for he was only a youth, ruddy and handsome in appearance. The Philistine said to David, "Am I a dog, that you come to me with sticks?" And the Philistine cursed David by his gods. The Philistine said to David, "Come to me, and I will give your flesh to the birds of the air and to the wild animals of the field." But David said to the Philistine, "You come to me with sword and spear and javelin; but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. This very day the Lord will deliver you into my hand, and I will strike you down and cut off your head; and I will give the dead bodies of the Philistine army this very day to the birds of the air and to the wild animals of the earth, so that all the earth may know that there is a God in Israel, and that all this assembly may know that the Lord does not save by sword and spear; for the battle is the Lord's and he will give you into our hand." When the Philistine drew nearer to meet David, David ran quickly toward the battle line to meet the Philistine. David put his hand in his bag, took out a stone, slung it, and struck the Philistine on his forehead; the stone sank into his forehead, and he fell face down on the ground.

Refrain

Proclaim to the peoples what the Lord has done.

Psalm 9:9-20 from the Book of Common Prayer

- 9 The LORD will be a refuge for the oppressed, * a refuge in time of trouble.
- 10 Those who know your Name will put their trust in you, * for you never forsake those who seek you, O LORD.
- Sing praise to the LORD who dwells in Zion; * proclaim to the peoples the things he has done.
- 12 The Avenger of blood will remember them; * he will not forget the cry of the afflicted.
- 13 Have pity on me, O
 LORD; * see the misery
 I suffer from those who
 hate me, O you who lift
 me up from the gate of
 death;

- 14 So that I may tell of all your praises and rejoice in your salvation * in the gates of the city of Zion.
- 15 The ungodly have fallen into the pit they dug, * and in the snare they set is their own foot caught.
- 16 The LORD is known by his acts of justice; * the wicked are trapped in the works of their own hands.
- 17 The wicked shall be given over to the grave, * and also all the peoples that forget God.
- 18 For the needy shall not always be forgotten, * and the hope of the poor shall not perish for ever.

- 19 Rise up, O LORD, let not the ungodly have the upper hand; * let them be judged before you.
- 20 Put fear upon them, O LORD; * let the ungodly know they are but mortal.

or

FIRST READING: 1 Samuel 17:57–18:5, 10-16

ON DAVID'S RETURN from killing the Philistine, Abner took him and brought him before Saul, with the head of the Philistine in his hand. Saul said to him, "Whose son are you, young man?" And David answered, "I am the son of your servant Jesse the Bethlehemite." When David had finished speaking to Saul, the soul of Jonathan was bound to the soul of David, and Jonathan loved him as his own soul. Saul took him that day and would not let him return to his father's house. Then Ionathan made a covenant with David, because he loved him as his own soul. Jonathan stripped himself of the robe that he was wearing, and gave it to David, and his armor, and even his sword and his bow and his belt. David went out and was successful wherever Saul sent him; as a result, Saul set him over the army. And all the people, even the servants of Saul, approved. The next day an evil spirit from God rushed upon Saul, and he raved within his house, while David was playing the lyre, as he did day by day. Saul had his spear in his hand; and Saul threw the spear, for he thought, "I will pin David to the wall." But David eluded him twice. Saul was afraid of David, because the Lord was with him but had departed from Saul. So Saul removed him from his presence, and made him a commander of a thousand; and David marched out and came in, leading the army. David had success in all his undertakings; for the Lord was with him. When Saul saw that he had great success, he stood in awe of him. But all Israel and Judah loved David; for it was he who marched out and came in leading them.

Refrain

How good and pleasant it is to live in unity!

Psalm 133 from the Book of Common Prayer

- Oh, how good and pleasant it is, * when brethren live together in unity!
- 2 It is like fine oil upon the head * that runs down upon the beard,
- 3 Upon the beard of Aaron, * and runs down

- upon the collar of his robe.
- 4 It is like the dew of Hermon * that falls upon the hills of Zion.
- For there the LORD has ordained the blessing: * life for evermore.

SECOND READING: 2 Corinthians 6:1-13

AS WE WORK TOGETHER with him, we urge you also not to accept the grace of God in vain. For he says, "At an acceptable time I have listened to you, and on a day of salvation I have helped you." See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with

our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see-we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything. We have spoken frankly to you Corinthians; our heart is wide open to you. There is no restriction in our affections, but only in yours. In return-I speak as to children—open wide your hearts also.

GOSPEL: Mark 4:35-41

ON THAT DAY, when evening had come, Jesus said to them, "Let us go across to the other side." And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, "Teacher, do you not care that we are perishing?" He woke up and rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm. He said to them, "Why are you afraid? Have you still no faith?" And they were filled with great awe and said to one another, "Who then is this, that even the wind and the sea obey him?"

THIS WEEK AT ST. MATT'S

Sunday, June 23rd

8:00 am - Rite II Worship Service

9:30 am - Festival Worship Service

9:30 am - Faith Factory

9:30 am - Middle & High School Student Groups

11:00 am - Classic Worship Service

12:30 pm - Young Professionals

2:00 pm - Women's Small Group

Monday, June 24th

8:00 am - Drama Kids Summer Camp 12:00 pm - Social Time with Candace

7:00 pm - Bread of Life

7:30 pm - Free to Live

8:00 pm - Compline (on line)

Tuesday, June 25th

8:00 am - Drama Kids Summer Camp

8:00 am - Celebration Garden Harvest

10:00 am - Staff Meeting 12:00 pm - Lunch & Learn

6:30 pm - Alcoholics Anonymous

7:00 pm - Vestry

7:00 pm - Band Rehearsal

8:00 pm - Compline (on line)

Wednesday, June 26th

8:00 am - Drama Kids Summer Camp

12:00 pm - Alcoholics Anonymous

7:00 pm - Bible Study

8:00 pm - Women's NA Group

8:00 pm - Compline (on line)

Thursday, June 27th

8:00 am - Drama Kids Summer Camp

9:30 am - Tree of Life Harvest

11:00 am - Anam Cara (closed group)

12:00 pm - Bible Study

7:30 pm - Choir Rehearsal

8:00 pm - Compline (on line)

Friday, June 28th

8:00 am - Drama Kids Summer Camp

8:00 am - Flower Harvest & Bouquet Creation

6:00 pm - Game Night

7:00 pm - Old Dominion Dancers

8:00 pm - Compline (on line)

Saturday, June 29th

8:00 am - Men's Group

6:30 pm - Alcoholics Anonymous

7:00 pm - Narcotics Anonymous

8:30 pm - Narcotics Anonymous

HAPPY BIRTHDAY

June 25th: Kerry Gray

June 26th: Candace Timmons

June 27th: Christine Bryson, Anya Drew, Gavin Hunter

Gavin Hunter

June 28th: Lucas Lundin June 29th: Marcy Circle

HAPPY ANNIVERSARY

June 23th: Amanda & Adam Boone,

Shay & Andrew Nelson

June 26th: Sara & Justin Warnick, Kathryn & Christopher Fair

June 27th: Verdun & John Thomas

June 28th: Pam & Pete Hart, Corrine &

AJ Glascock

June 29th: Margaret & Anthony Wallis

ATTENDANCE

June 16, 2024

Time or Place	Attendance Online	Attendance In-Person
8:00 AM	14	27
9:30 AM	24	133
11:00 AM	9	34
Faith Factory		14
Youth Group		16



WORSHIP OPPORTUNITIES

In-Person & Online

8:00AM | This is a traditional communion service using Rite II from the Book of Common Prayer.

9:30AM | This is a vibrant communion service with our very own live band. If you are looking for a joyous family service with some of the best music around, this is the service for you.

11:00AM A classic communion service with our fabulous choir. We use Rite II from the Book of Common Prayer.

Compline (evening prayer) Mon.—Fri. at 8pm on Facebook

Online Worship stmtts.org/live

Sunday services are broadcast on Facebook and YouTube.

St. Matthew's Staff & Vestry

Rector, Rev. C. Robert Merola, Jr. Rob@stmtts.org

General Manager, Miriam Turner Office@stmtts.org

Audio, Livestream Coordinators, Mason Turner II, Mason2.Turner@stmtts.org Colin Leary and Kaylyn Burakowski

Bookkeeper, Wendy Filler Bookkeeper@stmtts.org

Director Choir, Kevin Fletcher Kevin@stmtts.org

Dir. of Communications, Kathleen Bellamy Kathleen@stmtts.org

Director, Faith Factory, Hilary Hultman-Lee FaithFactory@stmtts.org

Office Assistant, Sue Reier Sue@stmtts.org

Youth Ministry and Marketing Coordinator, Ben Merola Ben.Merola@stmtts.org

Summer Interns: Hudson B. and Cailin F.–Photography Colin S.– Marketing Haley M.– Copywriting and Youth Rachel L.– Youth Missy Y.– Children

VESTRY

Robby Stevens, Senior Warden Andrew Wright, Junior Warden Craig Dubishar Bob Henry Julie Kane Sharon Muniz Stephanie Zebrowski

Service Volunteers

Ushers| Fred Brittain, Maria Palmer, Dee Carter, Sharon Ferguson, Lorenzo Martini

Lectors | Darrell Breed, Sue Reier
Eucharistic Ministers/LEMs | Martha Olson, Brian Bellamy, Haley,
Elliott, Lisa Lintelman, Gerry Wardell

Tellers | Dan Robertson

Altar Guild | Ann Lowden, Adrienne Miller, Sue Reier