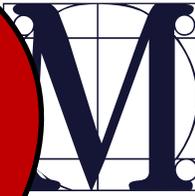
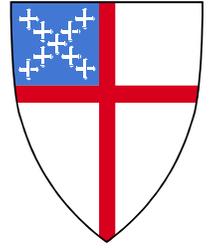


**Pancake Supper
Tuesday, March 5
6pm-7:30pm**



Saint
Matthew's
Episcopal Church

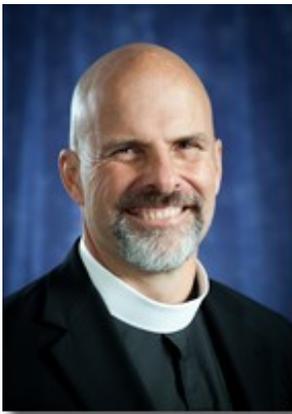


201 East Frederick Drive • Sterling, VA 20164

March 2019

FROM THE RECTOR

ROB MEROLA



Dear Friends,

HIIT: High-Intensity Interval Training. It is the single most advantageous form of exercise there is.

It is built on the principle that high-intensity is necessary for progress but is not sustainable over time. Long-term high-intensity is an oxymoron. It is not possible. We wear out, burn out, or something simply breaks. So, to take full advantage of high-intensity, it must be coupled with rest and recovery.

Long before people ever discovered these rhythms in relation to the body, spiritually minded people had discovered these rhythms in relation to the soul. And so they structured their calendar, called “the church year,” like a HIIT work out. In our spiritual journey, there are times of “high-intensity,” and times of rest, recovery (and celebration!). The season of Lent, which begins March 6, is one of these high-intensity intervals.

The biggest question before us is which is more important—our body or our soul? Jesus may be of some help in this. One of the things he once said is, “What does it profit a person to gain everything else if they lose their soul?” Sadly, I have known far too many people who have come to discover the truth of this statement in a moment of great crisis.

There is nothing like death to bring an honest sense of perspective. It will one day come to us all, and there is no greater tragedy than the person who is ill prepared. In the meantime, health problems, relational breakdowns, job loss, the reality of an addiction, and so on, can create reckonings that seek to clue us in to the state of our soul before it is too late.

So, if we are in any way training our bodies, how are we also deliberately, intentionally, and regularly training our souls? And if we are not devoting at least as much time, energy, and attention to our souls as anything else, are we inviting a rude—and unspeakably painful—awakening?

I pray that you and I will make the most of Lent’s brief interval (only 40 days!) to assess and better develop our spiritual lives. To that end, Grant and I have prepared “Grant and Rob’s Guide to a Most Excellent Lenten Adventure.” It will have four tracks: beginner, intermediated, advanced, and expert. You pick which one is for you, knowing that each is a way to “turn up the heat” for maximum progress in becoming better people (which again, is far more about our soul than our body, our character than any physical ability).

And, of course, it all starts with being in church each week unless a good reason prevents. I do hope to see you there as we train together in the only race that, in the end, really matters.

Warmly,

Fr. Rob+

Lenten WatCh: Wednesdays at Church

Sacred Stories: Finding God in Our Own Story

March 13, 20, 27 and April 3, 10 at 7pm



Gather around everyone, it's sacred story time!

Whether it is told through film, a book, or face-to-face, we all enjoy a good story. It makes sense as sharing stories has been an integral part of our human history and our Christian faith from the very beginning. Stories are how we share all that we have learned as a species, it is how we examine and find new insights about ourselves, and it is how we grow and expand our understanding of God and the world. It is through sharing stories that our faith is passed along to others and how others begin to find God in their own stories. When we pause to hear another's personal story and offer up our own, we participate in this sacred act of storytelling.

We invite you join us this Lent on Wednesdays from 7pm-8:30pm for "Sacred Stories: Finding God in Our Own Story", a time where we will hear the sacred stories of people from Scripture and our own congregation. Come be with us as we remember and reenact the joy of hearing a story and sharing a story with others.

Traveling Eucharist 2019

"And he said to them, "Go into all the world and proclaim the Gospel to the whole creation."

-Mark 16:15

2019 is the year for us to be BOLD at St. Matthew's - in loving our neighbors, in the study of our faith, in the sharing of the Good News with the world! Part of what it takes to be bold is to try new, innovative things, to leave behind the comfort of our four walls and venture out into God's creation and BE in the midst of God's people.

This year, Rob and Grant invite you to join them in the world by participating in one (or more, or all!) of our Traveling Eucharists! These opportunities are designed to take us out into God's creation and worship God in the broader community. Mark your calendars, invite your friends and neighbors, and be on the lookout for signup information and times on each Traveling Eucharist throughout the year!

For more information or to ask a question, reach out to Rev. Grant at Grant@stmmts.org or Father Rob at Rob@stmmts.org.

Overnight Traveling Eucharists:

May 4th-5th: Visiting some of our College students (VT, VCU, etc.)

June 22nd-23rd: Point Lookout, VA (option for baptisms)

October 12th-13th: Hiking, Location TBD

November 2nd-3rd: Cathedral of St. John the Divine, NYC

Local Traveling Eucharists:

March 24th: Local Homeless Shelter, Location TBD

June 30th: Kings Dominion

September 22nd: Grocery Store Parking Lot, Location TBD

October 27th: Great Falls Park (option for baptisms)

December 15th: Los Toltecos

December 22nd: DRNK

December 24th: Locations TBD

Young Professionals: Brunch and Zoom Bible Study Spring 2019

Did you know that Mark is the oldest Gospel in the Bible?

Did you also know that the writers of Matthew and Luke borrowed much of their own Gospel accounts from Mark?



This spring, our Young Professionals group will dive into the Gospel of Mark and discover what God has to say to and about our lives through it. We will continue to gather on the 3rd Sunday of the month for brunch and Bible Study at 12:30pm. Locations of the brunches will continue to rotate through member's homes and will be shared via text and email with group members.

In addition to our brunches, the Young Professionals will also begin meeting physically and virtually the first Saturday of each month at DRNK coffee shop in Cascades Overlook at 9am for continued Bible Study

on the Gospel of Mark. For members who are not able to join us physically, you are invited to join in our conversations virtually through Zoom.

If you would like to join us for brunch or Bible Study, please text Emily Palmer at 703-587-2966.

Middle and High School Mission Trip: Appalachia July 13-19, 2019

Mission trips are an essential part of the St. Matthew's experience; it is our hope that all of us, at some point, will go on a mission. They are life changing experiences that many of us treasure as one of the highlights of our lives.

This summer our SNL (Sunday Night Live) middle school and high school youth members will be serving in the Virginia/West Virginia region of Appalachia from Saturday, July 13- Friday July 19.

The cost is \$450/person which includes everything but spending money. **A deposit of \$100 is due by April 21** and the final payment of \$350 is due June 1. **Scholarships are available.** Please contact Miriam in the church office for more information. (Miriam@stmtts.org) Checks can be made payable to St. Matthew's designating them for the SNL Mission Trip. Chaperones are needed! Friends are welcome to join us!





JOIN THE FUN! VBS 2019!

At Roar! Kids explore God's goodness and celebrate a ferocious faith that powers them through this wild life!

July 22-26, 2019

5:30 pm - 8:30pm

Join us this summer for five fun-filled evenings of VBS at St. Matthew's! Dinner will be provided each evening along with live music, games, creative activities, and lots of fun!

Ready to register for this adventure?

- Ages 3 through Rising 5th Grade!
- \$40 for the first child
- \$35 for each sibling
- Fees include dinner each night and a t-shirt!

REGISTER TODAY!

www.myvbs.org/stmatts2019

St. Matthew's Episcopal Church
201 E. Frederick Dr.
Sterling, VA 20164

**SCHOLARSHIPS
AVAILABLE!**

Questions? Contact Kathleen Bellamy, Children's Minister Kathleen@Stmatts.org

Community Lunch

Saturday, March 30, 12pm-2pm

The January Community Lunch was a huge success with 140 attendees and traditional Latin American food prepared in partnership with members of our community.

Three additional quarterly lunches will take place in 2019. Please add them to your calendar now.

- Saturday, March 30 with Egg Hunt for kids
- Saturday, August 10 we'll fire up the grill
- Thursday, November 28 Thanksgiving Community Lunch

The Community Lunch runs on volunteers who help prepare and serve food, decorate, lead activities for children and connect in conversation with the community.

Email the Community Luncheon Coordinator, Susie Harding at susie.harding@gmail.com, to be added to the distribution list for ongoing updates on the community lunch or to volunteer for one of the events.



ASH WEDNESDAY



March 6, 2019

Services at

6am, 12pm, 7:30pm



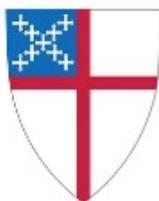


SCOUT SUNDAY
MARCH 17, 2019



**CELEBRATE YOUR FAITH AND DEDICATION TO
SCOUTING ON THIS DAY OF REVERENCE**

**ST. MATTHEW'S EPISCOPAL CHURCH
201 E. FREDERICK DR. STERLING, VA
8 AM, 9:30 AM, & 11:00 AM**



**PLEASE SIGN UP TO ASSIST DURING ANY OF OUR
SUNDAY SERVICES, ALL SCOUTS ARE WELCOME
REGARDLESS OF FAITH OR DENOMINATION. PLEASE
WEAR YOUR UNIFORM AND JOIN US IN WORSHIP**

SIGN UP HERE: GO.STMTTS.ORG/SCOUT