

## To Know and Share God's Love

*St. Matthew's Episcopal Church*

**First Sunday in Lent**  
**Sunday, February 18, 2024**

**Wandering  
Heart**   
cosy home  
**LENT BIBLE STUDY  
GROUPS**

### **LENT BIBLE STUDY GROUPS**

Join us either Wednesday evenings at 7 PM or Thursdays at 12 PM for our Lenten Bible study groups starting Wednesday, February 21.

What can we learn from stories of wandering hearts in the Bible? Where do we see ourselves in these stories? We will explore stories, make connections from our lives, and leave each week with a new practice to help us listen for God's voice.

**journey**   
heading towards our  
heart's true home  
**LENT  
RESOURCES**

### **LENT RESOURCES**

#### **STMTTS.ORG/LENT**

We invite you to walk the Lenten journey with us at St. Matthew's. Visit the link above to find lots of resources: mid-week Bible studies, recipes, book and app recommendations, FAQ's, and the electronic version of the Lenten devotional, **Wandering Heart: A Journey Through Lent with Peter**. Printed copies of the devotional are also available by the front door.

## 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.stmmts.org](http://www.stmmts.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: [stmmts.org/Baptism](http://stmmts.org/Baptism) or contact our office via email at [Office@stmmts.org](mailto:Office@stmmts.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:

Zach, Arjun, Scotty, Brad, Myers Family, Phil, Terry, Kathy, Pat, Mary W., Sanjay, Susanna, Fabiano, McKeown Family, Viola, Harry R, Karter, Addie, Mercedes Family, Crystal, Benjamin, Sieg, Chuck, Lea, Bonnie, Arthur, John G, Gina, Glo, James, Sean, Deb, Teressa, Mel, Eric, Debbie, Marshall, Ruth, Rennie, 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, Priscilla, Darla, Gerry, Paul, Jenny, Reena, Sarah, Brandi, Barbara, Michael, Peggy, Cathleen, Ray, BMR, Asley, Robyn, Emma, Frances, Christy, Nick, Gus, Marie, Shelby, Marty, Verdun, Aldana, and Candace.

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

# 8 AM SERVICE

Silent Entrance (Congregation Stands)	
Acclamation and Opening Sentences	351
Bless the Lord who forgives all our sins.	
<b>God's mercy endures for ever.</b>	
Decalogue	350
Confession of Sin and Absolution	352-353
Collect of the Day (Contemporary)	Insert
Lessons	
First Reading • Genesis 9:8-17	
Psalm • 25:1-9	
Second Reading • 1 Peter 3:18-22	
Gospel • Mark 1:9-15	
Sermon	The Reverend C. Robert Merola, Jr.
Nicene Creed	358
Prayers of the People, Form III	387
Peace	360
Announcements & Welcome	
<b>The Holy Communion</b>	
Offertory	
Great Thanksgiving • Eucharistic Prayer B	367
Proper Preface	379
Sanctus	362
The Lord's Prayer	364
Breaking of the Bread	364
Angus Dei	407
Invitation to Communion	
Communion of the People	
Post-Communion Prayer	366
Blessing	
Dismissal	366

# 9:30 AM SERVICE

## The Word of God

Welcome

Opening Song • Less Like Me

Opening Sentences

Bless the Lord who forgives all our sins.

**God's mercy endures forever.**

Opening Prayer (stand through the Gospel)

Song • Sunday Sermons

Gospel • Mark 1:9-15

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](http://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 • Thank God I Do

Closing Prayer

Blessing

Closing Song • Survivor

Dismissal

# 11 AM SERVICE

Silent Entrance (Congregation Stands)	
Acclamation and Opening Sentences	351
Bless the Lord who forgives all our sins. <b>God's mercy endures for ever.</b>	
Decalogue	350
Confession of Sin and Absolution	352
Collect of the Day (Contemporary)	Insert
Lessons	
First Reading • Genesis 9:8-17	
Psalm • 25:1-9	
Second Reading • 1 Peter 3:18-22	
Gospel • Mark 1:9-15	
Sermon	The Reverend C. Robert Merola, Jr.
Nicene Creed	358
Prayers of the People, Form III	387
Peace	360
Announcements & Welcome	
<b>The Holy Communion</b>	
Offertory Anthem • Amazing Grace	arr. Jack Schraeder
Doxology • Praise God from Whom all Blessings Flow	
Great Thanksgiving • Eucharistic Prayer B	367
Proper Preface	379
Sanctus • S129	
The Lord's Prayer	364
Breaking of the Bread	364
Angus Dei •	
Invitation to Communion	
Communion of the People	
Communion Hymn • #304, vs. 1,2,3 & 5 I Come ..with Joy to Meet My Lord	
Post-Communion Prayer	366
Blessing	
Procession into the World • #142, vs. 1,2,3 Lord, Who Throughout These Forty Days	
Dismissal	366



# WOMEN'S MINISTRY

## WOMEN'S MINISTRY [STMTTS.ORG/WOMENSMINISTRY](https://stmtts.org/womensministry)

Did you miss the Women's Brunch or forget to sign up for upcoming events? Visit the link above to learn more about ways to connect.

## MEN'S GROUP

SATURDAYS AT 8 AM  
IN THE TRAILER & ON ZOOM.

[mensgroup@stmtts.org](mailto:mensgroup@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. Want to learn more? Contact [mensgroup@stmtts.org](mailto:mensgroup@stmtts.org).

# WE'RE HIRING

## WE'RE HIRING! [STMTTS.ORG/WORKWITHUS](https://stmtts.org/workwithus)

St. Matt's is seeking a sound technician that has experience with sound mixing and is good with troubleshooting. Please help us by sharing the link above.

## Wandering Heart

coming home

## LENT BIBLE STUDY GROUPS

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Join us either Wednesday evenings at 7 PM or Thursdays at 12 PM for our Lenten Bible study groups starting Wednesday, February 21.

What can we learn from stories of wandering hearts in the Bible? Where do we see ourselves in these stories? We will explore stories, make connections from our lives, and leave each week with a new practice to help us listen for God's voice.



St. Matthew's Episcopal Church

## MESSAGE ON THE GO

## CHECK OUT OUR WEEKLY PODCAST

Listen at  
[stmtts.org/podcast](https://stmtts.org/podcast)



## PODCAST NOW AVAILABLE

Love the sermon? Want to listen again or share with a friend?



## HELPING HANDS

### EMAIL LIST SIGN-UP



## HELPING HANDS

Email [Office@stmtts.org](mailto:Office@stmtts.org) to be added to the email distribution list to assist members in need of meals or rides.



### SUPPORT BACKPACK BUDDIES

### BACKPACK BUDDIES/HRTS STERLINGHELP.ORG

Share the message of HRTS and follow us on social media @hungerresponse. Also, Backpack Buddies will be packing on at noon on Tuesdays (Feb. 20, 27) in the Classroom on the Hill.

We also accept donations of shelf-stable, single-serve pantry items (e.g. tuna, ramen, snacks, fruit cups).

If you'd like to learn more about how you can help fight childhood hunger in our community, please contact Hilary Hultman-Lee by email at Hilary.Hultman-Lee@hrtserling.org

### BREAD OF LIFE BOOK GROUP MONDAYS AT 7PM



### CO-ED BOOK GROUP MONDAYS AT 7PM

Join us in classroom four on Monday evenings during Lent as we read and discuss Seven Words; Listening to Christ From the Cross, by Susan G. Robb. We will begin each meeting with a short 10-12 minute video followed by a discussion of the video and corresponding chapter from the book.



### OUTREACH VOLUNTEER MEETING SUN., FEBRUARY 18, 10:30 AM

Join us to learn more about volunteer opportunities at Saint Matthew's. Our Outreach Team is a group of volunteers passionate about making change in our community. Join this amazing ministry and help us Know and Share God's Love even more in 2024!

### DELIVER FOOD FOR LINK FOOD PANTRY



### LINK FOOD PANTRY ST. MATT'S DELIVERY MONTH

February is St. Matthew's month to assist with food deliveries. A great opportunity to be the hands and feet of Jesus by delivering food to those in need in our community. Learn more and sign up at: [stmmts.org/LINK](http://stmmts.org/LINK)

St. Matthew's Episcopal Church

### FRIDAY FLASH

Weekly Newsletter

Email [office@stmmts.org](mailto:office@stmmts.org)  
to be added to the  
distribution list today!

### FRIDAY FLASH EMAIL NEWS

Subscribe today at [Office@stmmts.org](mailto:Office@stmmts.org)





**FAITH FACTORY**  
*Unplugged*

**9:30 AM**

**DONUTS & DISCOVERY**



**10:30 AM**



**YOUTH GROUP EVENT  
AT SPORTROCK  
STERLING**



## YOUTH GROUP ON SUNDAYS

**Faith Factory Unplugged:** 6-8th graders, 9:30 AM, classroom four. Bible study and life lessons.

**Donuts and Discovery:** Middle and high schoolers, 10:30 AM, classroom one.

Donuts, Starting Point series, Palm Sunday Passion planning. Also, stay updated with Band App! Scan the QR code to join for group updates, chats, & event reminders.



## SUNDAY, FEBRUARY 25, 12PM SPORTROCK CLIMBING

Middle & high school students and friends are invited to indoor rock climbing. Find details & RSVP online at [STMTTS.ORG/YOUTHEVENTS](https://stmtts.org/youthevents) or on the Band App.



**ST. MATTHEW'S  
GAME NIGHT**

## GAME NIGHT FOR ALL FRIDAY, FEBRUARY 23, 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.



**2024 YOUTH GROUP  
SUMMER MISSION TRIP**

## SUMMER 2024 YOUTH MISSION [STMTTS.ORG/YOUTHMISSION](https://stmtts.org/youthmission)

Register now for the youth mission trip, June 23-29, 2024. Rising sixth - twelfth graders (and chaperones) are invited. The goal this year is to help students navigate the many influences in their lives and encourage them to look toward Jesus, the greatest influencer of all time, so they use their influence to positively change their culture.

Find more details and register at the link above.

We meet the last Friday of each month in classrooms 1 & 2. No meeting on Friday, March 29 in observance of Good Friday.

## FOLLOW US ON SOCIAL MEDIA

 @stmttssterling

 @StMatthewsEpiscopalChurch





# 1 LENT

First Sunday in Lent



Revised Common Lectionary

Sunday, February 18, 2024

## COLLECT

### *Traditional*

ALMIGHTY GOD, whose blessed Son was led by the Spirit to be tempted of Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. *Amen.*

### *Contemporary*

ALMIGHTY GOD, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

## FIRST READING: Genesis 9:8-17

GOD SAID TO NOAH and to his sons with him, “As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.” God said,

“This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.” God said to Noah, “This is the sign of the covenant that I have established between me and all flesh that is on the earth.”

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## Refrain

Your paths, O Lord, are love and faithfulness  
to those who keep your covenants.

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### **Psalm 25:1-9** *from the Book of Common Prayer*

- |   |   |
|---|---|
| 1 To you, O LORD, I lift up my soul; my God, I put my trust in you; * let me not be humiliated, nor let my enemies triumph over me. | treacherous be disappointed in their schemes.                     |
| 2 Let none who look to you be put to shame; * let the   | 3 Show me your ways, O LORD, * and teach me your paths.           |
|   | 4 Lead me in your truth and teach me, * for you are the God of my |

- salvation; in you have I trusted all the day long.
- 5 Remember, O LORD, your compassion and love, \* for they are from everlasting.
- 6 Remember not the sins of my youth and my transgressions; \* remember me according to your love and for the sake of your goodness, O LORD.
- 7 Gracious and upright is the LORD; \* therefore he teaches sinners in his way.
- 8 He guides the humble in doing right \* and teaches his way to the lowly.
- 9 All the paths of the LORD are love and faithfulness \* to those who keep his covenant and his testimonies.

## SECOND READING: 1 Peter 3:18-22

CHRIST SUFFERED for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

## GOSPEL: Mark 1:9-15

IN THOSE DAYS JESUS came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

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 **CHURCH  
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## THIS WEEK AT ST. MATT'S

### Sunday, February 18th

- 8:00 am - Rite I Worship Service
- 9:30 am - Festival Worship Service
- 10:30 am - Donuts & Discovery for Middle & High School Students
- 10:30 am - Outreach Meeting
- 11:00 am - Classic Worship Service
- 6:30 pm - Girl Scout Troop 2274

### Monday, February 19th

- 12:00 pm - Social Time with Candace
- 7:00 pm - Bread of Life
- 7:30 pm - Free to Live
- 8:00 pm - Compline

### Tuesday, February 20th

- 9:30 am - All Ages Read Together
- 10:00 am - Staff Meeting
- 12:00 pm - Backpack Buddies Packing
- 6:30 pm - Alcoholics Anonymous
- 7:00 pm - Education for Ministry
- 7:00 pm - Band Rehearsal
- 7:30 pm - Sandwich Generation
- 8:00 pm - Compline

### Wednesday, February 21st

- 12:00 pm - Alcoholics Anonymous
- 7:00 pm - Lenten Bible Study
- 8:00 pm - Compline

### Thursday, February 22nd

- 9:30 am - All Ages Read Together
- 11:00 am - Anam Cara (closed group)
- 12:00 pm - Bible Study with Fr. Rob
- 5:00 pm - Girl Scout Troop 2157
- 7:30 pm - Choir Rehearsal
- 8:00 pm - Compline

### Friday, February 23rd

- 6:00 pm - Game Night
- 7:00 pm - Old Dominion Dancers
- 8:00 pm - Compline

### Saturday, February 24th

- 8:00 am - Men's Group
- 6:30 pm - Alcoholics Anonymous
- 7:00 pm - Narcotics Anonymous
- 8:30 pm - Narcotics Anonymous

## HAPPY BIRTHDAY

- February 20th: Lisa Caselli, Josh Hallett
- February 21st: Tess Frawley, Carolyn Wright
- February 23rd: Aidan O'Hara
- February 24th: Tom Leary

## HAPPY ANNIVERSARY

- February 19th: Dru & Tim Reed

## ATTENDANCE

Week of February 11, 2024

Time or Place	Attendance Online	Attendance In-Person
8:00 AM	20	24
9:30 AM	39	155
11:00 AM	19	39
Faith Factory		20
Youth Group		6
Ash Wednesday 6AM		14
Ash Wednesday 12 PM		51
Ash Wednesday 7 PM	15	50

## HELP SUPPORT ST. MATTHEW'S MINISTRIES



GIVE ONLINE



[stmmts.org/give](https://stmmts.org/give)



venmo



@stmmtssterling



CASH OR  
CHECK

Checks can be made payable to "St. Matthew's Church"

For more ways to give and information on automatic giving:

[stmmts.org/give](https://stmmts.org/give)

## 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**  
[stmmts.org/live](https://stmmts.org/live)

Sunday services are broadcast on Facebook and YouTube.

## St. Matthew's Staff & Vestry

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

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Office@stmmts.org

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Andrew Wright, Junior Warden

Craig Dubishar

Bob Henry

Julie Kane

Sharon Muniz

Robby Stevens

Stephanie Zebrowski

### Service Volunteers

**Ushers** | Fred Brittain, Justin Warnick, Emory Henderson, Lorenzo Martini, Cheryl Gilligan

**Lectors** | Debbie Majewski

**Eucharistic Ministers LEMs** | Richard Henry, Cindy Steinman, Gerry Wardell

**Tellers** | Dan Robertson

**Altar Guild** | Tom Leary, Linda Merola, Sue Reier