

To Know and Share God's Love

St. Matthew's Episcopal Church

**Third Sunday in Lent
Sunday, March 3, 2024**



**EASTER FOOD DRIVE
DUE: TUESDAY, MARCH 12**

Share God's love this Easter through the act of packing a reusable grocery bag with essential food items. Join us in achieving our goal of donating 225 bags to those in need this Easter. Pick up a reusable bag, or use your own, and drop off donations before March 12. We encourage you to include a card or drawing with a heartfelt message.

Sign up to sort food, purchase extra supplies, deliver bags, and more:
stmmts.org/EasterBags



**PARISH WORK DAY
SAT. MARCH 23, 9AM - 12PM**

Join us for Parish Work Day as we prepare for Easter. All abilities are welcome for indoor and outdoor jobs. Enjoy coffee and donuts while serving our community.

For parents: parish work day is a great opportunity to demonstrate the value of service to raise capable, serving adults. All ages are welcome. Teens can earn service hour certificates. Let's make a difference together!

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. 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 or contact our office via email at 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, Shelby, Marty, Verdun, Candace, Rusty, Anne, William, Billie, Brown family, firefighters and first responders.

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.	
God's mercy endures for ever.	
Confession of Sin and Absolution	352
Collect of the Day (Contemporary)	Insert
Lessons	
First Reading • Genesis 17:1-7, 15-16	
Psalm • 22:22-30	
Second Reading • Romans 4:13-25	
Gospel • Mark 8:31-38	
Sermon	The Reverend C. Robert Merola, Jr.
Nicene Creed	358
Prayers of the People, Form III	387
Peace	360
Announcements & Welcome	
The Holy Communion	
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

Opening Song

Opening Sentences

Bless the Lord who forgives all our sins.

God's mercy endures forever.

Opening Prayer (stand through the Gospel)

Song • Walking on Water

Song • Something Beautiful

Gospel • Mark 8:31-38

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.stmmts.org/give)

Great Thanksgiving (stand through Communion)

Eucharistic Prayer

Sanctus

The Lord's Prayer

Breaking of the Bread

Communion of the People

Song • If I Stand

Closing Prayer

Blessing

Closing Song • No One Like You

Dismissal

11 AM SERVICE

Silent Entrance (Congregation Stands)	
Acclamation and Opening Sentences	351
Bless the Lord who forgives all our sins. God's mercy endures for ever.	
Confession of Sin and Absolution	352
Collect of the Day (Contemporary)	Insert
Lessons	
First Reading • Genesis 17:1-7, 15-16	
Psalm • 22:22-30	
Second Reading • Romans 4:13-25	
Gospel • Mark 8:31-38	
Sermon	The Reverend C. Robert Merola, Jr.
Nicene Creed	358
Prayers of the People	
Peace	360
Announcements & Welcome	
The Holy Communion	
Offertory Anthem • As I Went Down to the River to Pray	
Doxology • #380 vs. 3 • Praise God from Whom all Blessings Flow	
Great Thanksgiving • Eucharistic Prayer B	367
Proper Preface	379
Sanctus • Hymnal S129 • Holy, Holy, Holy Lord	
The Lord's Prayer	364
Breaking of the Bread	364
Invitation to Communion	
Communion of the People	
Communion Hymn • #383 • Fairest Lord Jesus (all verses)	
Post-Communion Prayer	366
Blessing	
Procession into the World • Hymn #344 • Lord, Dismiss Us (all verses)	
Dismissal	366



WOMEN'S MINISTRY

WOMEN'S MINISTRY **STMTTS.ORG/WOMENSMINISTRY**

Letters from Love, Women's Small Group continues on March 10. Join Sara from 1PM-3PM. Find more info at the link above.

Women Giving Back, Women's Volunteer Event on Sunday, April 28, 1PM - 3:30PM. RSVP is required using the link above.



MEN'S GROUP

SATURDAYS AT 8 AM
IN THE TRAILER & ON ZOOM
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. We are starting a new book in March - The Gospel of Mark for Everyone by NT Wright.

MEN'S FELLOWSHIP EVENT **SAT., MARCH 16, 9:30 AM - 1PM**

Join the men of St. Matt's for outdoor repairs, cleanup, and fellowship. Grilled food and refreshments will be served!

Want to learn more? Contact mensgroup@stmtts.org.



HELPING HANDS

Providing dinner for fallen firefighter Trevor Brown's family.

SUPPORT OUR FIREFIGHTERS **STMTTS.ORG/BROWNFAMILY**

Thank you to all who have expressed interest in supporting our injured and fallen firefighters. St. Matthew's will be providing three dinners to the family of Trevor Brown. Please visit the link above to sign up.



journey

heading towards our
heart's true home

LENT RESOURCES

LENT RESOURCES & BIBLE STUDY **STMTTS.ORG/LENT**

Join us either Wednesday evenings at 7 PM or Thursdays at 12 PM for our Lenten Bible study groups. Visit the link above to find Lenten resources.



EASTER FLOWER DEDICATIONS

DEDICATE EASTER FLOWERS **STMTTS.ORG/FLOWERS**

You're invited to help us fill the church with flowers on Easter Sunday. Dedications for Easter flowers are due Palm Sunday. Submit



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.



YOUTH EVENTS

STMTTS.ORG/YOUTHEVENTS

Tree of Life Volunteer Event

Tuesday, March 5th

Meeting at church at 4:00 PM

Cost: FREE

Join Ben at the church to cook a meal for the homeless in collaboration with Tree of Life Ministries!

Launch Trampoline Park

Wednesday, March 27th

Meet at Launch Herndon at 1:15 PM

Cost: \$10

Join Ben at Launch for an Indoor Trampoline Park Party!

Details and RSVP can be found at:

STMTTS.ORG/YOUTHEVENTS



SUMMER 2024 YOUTH MISSION 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.



EASTER CANDY NEEDED

The Easter Egg Hunt is a cherished tradition at St. Matt's. Help us fill thousands of eggs by donating individually packaged, small candy and toys. Place donations on the carts at the back doors.

Join us in the parish hall on Sundays at 10:30 AM to stuff Easter eggs.



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 today in the parish hall and noon on Tuesdays 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@hrtsterling.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.



with St. Matthew's Episcopal Church

**SUNDAY, MARCH 31st
6:30, 9:30 & 11:15 AM**

CELEBRATE EASTER AT ST. MATT'S SUNDAY, MARCH 31 STMTTS.ORG/EASTER

6:30 AM - Watch the sun rise on Easter morning during the beautiful Easter Vigil, followed by a delicious brunch. This service begins outdoors and then moves into the sanctuary.

9:30 AM - Vibrant Easter service with band. Kids will love our special Children's Program during the service featuring games, science experiments, music, and an interactive story. After the service, join in the fun with our outdoor egg hunt and photos with the Easter bunny.

11:15 AM - Classic family-friendly worship service with choir, strings and woodwinds. Children will enjoy a special goodie bag with activity booklet and Easter treat. Join us outdoors following the service for a visit with the Easter bunny and egg hunt.



FRIDAY FLASH EMAIL NEWS
Subscribe today at Office@stmtts.org to subscribe.



3 LENT

Third Sunday in Lent



Revised Common Lectionary

Sunday, March 3, 2024

COLLECT

Traditional

ALMIGHTY GOD, who seest that we have no power of ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. *Amen.*

Contemporary

ALMIGHTY GOD, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

FIRST READING: Exodus 20:1-17

GOD SPOKE all these words to Moses on Mount Sinai: "I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me

and keep my commandments. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. Six days you shall labor and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it. Honor your father and your mother, so that your days may be long in the land that the Lord your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbor. You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.”

Refrain

The statutes of the Lord rejoice the heart.

Psalm 19 *from the Book of Common Prayer*

- | | |
|--|--|
| 1 The heavens declare the glory of God, * and the firmament shows his handiwork. | 4 Their sound has gone out into all lands, * and their message to the ends of the world. |
| 2 One day tells its tale to another, * and one night imparts knowledge to another. | 5 In the deep has he set a pavilion for the sun; * it comes forth like a bridegroom out of his chamber; it rejoices like a champion to run its course. |
| 3 Although they have no words or language, * and their voices are not heard, | |

- 6 It goes forth from the uttermost edge of the heavens and runs about to the end of it again; * nothing is hidden from its burning heat.
- 7 The law of the LORD is perfect and revives the soul; * the testimony of the LORD is sure and gives wisdom to the innocent.
- 8 The statutes of the LORD are just and rejoice the heart; * the commandment of the LORD is clear and gives light to the eyes.
- 9 The fear of the LORD is clean and endures for ever; * the judgments of the LORD are true and righteous altogether.
- 10 More to be desired are they than gold, more than much fine gold, * sweeter far than honey, than honey in the comb.
- 11 By them also is your servant enlightened, * and in keeping them there is great reward.
- 12 Who can tell how often he offends? * cleanse me from my secret faults.
- 13 Above all, keep your servant from presumptuous sins; let them not get dominion over me; * then shall I be whole and sound, and innocent of a great offense.
- 14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, * O LORD, my strength and my redeemer.

SECOND READING: 1 Corinthians 1:18-25

THE MESSAGE ABOUT the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom,

God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

GOSPEL: John 2:13-22

THE PASSOVER OF THE JEWS was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

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 **CHURCH
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BLA0203/301051-3

THIS WEEK AT ST. MATT'S

Sunday, March 3rd

- 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 - Backpack Buddies Packing
- 11:00 am - Classic Worship Service
- 12:15 pm - Kara's Lay Support Team
- 6:30 pm - Girl Scout Troop 2274

Monday, March 4th

- 12:00 pm - Social Time with Candace
- 5:00 pm - Girl Scout Troop 2157
- 7:00 pm - Bread of Life
- 7:30 pm - Free to Live
- 8:00 pm - Compline

Tuesday, March 5th

- 9:30 am - All Ages Read Together
- 10:00 am - Staff Meeting
- 12:00 pm - Backpack Buddies Packing
- 4:00 pm - Youth Group: Tree of Life Volunteer Event
- 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, March 6th

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

Thursday, March 7th

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

Friday, March 8th

- 11:00 am - Celebration of Life: Janice Joyce Rybar
- 12:00 pm - Rybar Reception
- 8:00 pm - Compline

Saturday, March 9th

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

HAPPY BIRTHDAY

- March 3rd: Anne Martini, Megan O'Hara, Rachel Weller, Pete Hester, Evie Emanuel
- March 6th: Gregory Drew, Randy Hurst
- March 7th: Sandra Harvey
- March 8th: Christie Olson
- March 9th: Katie Elliott

HAPPY ANNIVERSARY

- March 8th: Lisa & Glenn Lintelman
- March 9th: Cheryl & Robert Cranson



ATTENDANCE

February 25, 2024



Time or Place	Attendance Online	Attendance In-Person
8:00 AM	22	27
9:30 AM	34	159
11:00 AM	20	43
Faith Factory		32
Youth Group		5

HELP SUPPORT


ST. MATTHEW'S MINISTRIES



GIVE ONLINE stmmts.org/give



venmo [@stmmtssterling](https://www.venmo.com/@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

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

Sunday services are broadcast on Facebook and YouTube.

St. Matthew's Staff & Vestry

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Andrew Wright, Junior Warden

Craig Dubishar

Bob Henry

Julie Kane

Sharon Muniz

Stephanie Zebrowski

Service Volunteers

Ushers | Fred Brittain, Justin Warnick, Michael Horrigan, Sharon Ferguson, and Regina McPhie

Lectors | Darrell Breed

Eucharistic Ministers LEMs | Martha Olson, Brian Bellamy, Haley Elliott, Gerry Wardell

Tellers | Dan Robertson

Altar Guild | Richard Henry, Ann Lowden, Sue Reier