

# To Know and Share God's Love

*St. Matthew's Episcopal Church*

**Seventh Sunday after Pentecost  
Sunday, July 16, 2023**



**VACATION BIBLE SCHOOL  
JULY 24-29, 2023, 5:30-8:30PM  
STMTTS.ORG/VBS**

VBS is a week long extravaganza that will launch kids on a cosmic quest where they'll have a blast shining Jesus' light on the world. Dinner is served followed by an evening full of fun, games, science, Bible drama, and more! Registration for the best week of summer is open now for campers (preschool-rising 5th graders) and for volunteers (rising 6th graders - adult). Use the link above and register today.



**FLOWER BOUQUETS**

The Celebration Garden is proud to share our new cut flower ministry. Look at the beautiful hand tied floral bouquets just inside the front doors on Sunday mornings! Pick up a bouquet so you can share the blessing of a beautiful bouquet with a friend, neighbor, or stranger. If you need inspiration, Miriam has a list of St. Matthew's friends that would love to be surprised with a bouquet! Volunteers are also needed. Contact Heidi at [Garden@stmmts.org](mailto:Garden@stmmts.org) to learn more.

## 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:

John S, Panita, Deepak, Flood Victims, Vicki, Greg, Mary Ann, Sharp Family, Anthony, Josh, Reatha, Athena, Kathleen, Heriberto, Rosaura, Matthew, Denise, Bellamy Family, Jose, Pete, Annie, MaryLea, Alan, Nishah, Marty, Damar, Jeremy, Kyeron, Abigail, Verdun, Candace, Sieg, Chuck, Lea, Bonnie, Arthur, John G, Gina, Glo, James, Sean, Deb, Teresa, Mel, Eric, Debbie, Marshall, Ginny, Andrew, Bob, Robby, Ron, Earthquake Victims, Train Crash Victims, Kathleen, Jenny, Corinne, AJ, Kassadi, Jordan, Amelia, Michael, Steve, Raven, Kenya, Josiah, Joy, Elizabeth, Rusty, Elizabeth, Michelle, Yutzy family, Sites Family, Frank, Tess, Brian, Mike, Zach, Paine, Arjun, Scotty, Brad, Mary W., Bobby, Elijah, Philip, Myers family, Phil, Terry, Kathy, Pat, Bob, Tonia, Bronwyn, Sanjay, Susanna, Lawrence family, Fabiano, McKeown family, and Viola.

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 • Genesis 25:19-34	
Psalm • 119:105-112	
Second Reading • Romans 8:1-11	
Gospel • Matthew 13:1-9, 18-23	
Sermon	Reverend C. Robert Merola, Jr.
Nicene Creed	358
Prayers of the People, Form III	387
Confession of Sin and Absolution	359-360
Peace	360
Announcements & Welcome	

### The Holy Communion

Offertory	
Presentation of Tithes and Offerings	
<i>All things come of thee, O Lord,</i> <b><i>And of thine own have we given thee.</i></b>	
Great Thanksgiving • Eucharistic Prayer C	369
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

Opening Songs (stand through the Gospel)

Song • Good Morning Mercy

Song • Rise Up

Gospel • Matthew 13:1-9, 18-23

Sermon

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 • Come to the Table

Closing Prayer (stand through dismissal)

Blessing

Closing Song • River of Life

Dismissal

# 11 AM SERVICE

## The Word of God

Processional Hymn	
Acclamation and Collect for Purity	355
Gloria • S280	
Collect of the Day (Contemporary)	Insert
Lessons	
First Reading • Genesis 25:19-34	
Psalm • 119:105-112	
Second Reading • Romans 8:1-11	
Gospel • Matthew 13:1-9, 18-23	
Sermon	Reverend C. Robert Merola, Jr.
Nicene Creed	358
Prayers of the People	
Confession and Absolution	360
Peace	360
Announcements & Welcome	

## The Holy Communion

Offertory Anthem	
Presentation of Tithes and Offerings	
Doxology • #380 vs. 3 Praise God from Whom all Blessings Flow	
Great Thanksgiving • Eucharistic Prayer C	369
Sanctus • S130	
The Lord's Prayer	364
Breaking of the Bread	364
Invitation to Communion	
Communion of the People	
Communion Song	
Post-Communion Prayer	365
Blessing	
Procession into the World	
Dismissal	366





## VBS YOUTH VOLUNTEER EVENTS

VBS is a special gift we offer our community, and it's powered by volunteers! We like to give special thanks to our middle and high school aged volunteers by inviting them to participate in super fun events each evening after VBS.

When the campers go home, the VBS volunteers get to play! Register to volunteer at [stmtts.org/vbs](http://stmtts.org/vbs). Don't miss fun events like: karaoke, ice cream, water games, slip n slide kickball and more!



## JOURNEY BREAKFAST CLUB SUNDAYS at 9:30AM

Rising 8th -12th graders are invited to come and be who they are, make friends, and have real conversations about God. **Questions? Contact Ron at [journey@stmtts.org](mailto:journey@stmtts.org)**



## SUMMER FUN - DETAILS & RSVP AT [STMTTS.ORG/FOODFUN](http://STMTTS.ORG/FOODFUN)

Students are invited to make the most out of summer at these fun events. Friends are welcome!

### **Wednesday, July 19, 4PM - 8PM**

Middle and high school: Make your own pizza and watch a movie at the Lathrop house.

### **Thursday, July 20, 12PM-3PM**

Middle and high school: Make your own gourmet burger and/or salad and make stepping stones for the Celebration Garden.

### **Friday, July 21, 10AM - 2PM**

Middle and high school: Make homemade pasta from scratch, then harvest flowers, make arrangements and deliver to local nursing home.

### **Wednesday, August 2, 9:45AM**

8th graders and high school: Kings Dominion Trip. \$45, plus lunch money. Scholarships available.

### **Tues., August 8 - Wed., August 9**

8th graders and high school: End of Summer Retreat. The champion in YOU! Be a leader throughout the school year and into the future. See RSVP for cost, times and details.

### **Thursday, August 17, 9AM-6PM**

Middle school students: Mission Event and Museum of the Bible. \$15, plus bag lunch

**Questions? Contact Ron, Kassidy, and Colin at [journey@stmtts.org](mailto:journey@stmtts.org)**

# WATCH WEDNESDAYS AT CHURCH

## WEDNESDAYS AT CHURCH

Join Fr. Rob for a discussion on what Jesus had to say about the good life, based on Matthew 5:1-12. We'll meet on Wednesday, July 19 at 7pm, and finish promptly by 8pm.



**THE GLOBAL  
LEADERSHIP SUMMIT**  
AUGUST 3 & 4

RSVP TO RESERVE YOUR FREE  
SPACE: [Office@stmmts.org](mailto:Office@stmmts.org)

## GLOBAL LEADERSHIP SUMMIT

Join us at St. Matthew's for world class leadership training from James Clear, Condoleezza Rice, Henry Cloud, and many more. Email [Office@stmmts.org](mailto:Office@stmmts.org) to reserve a seat.

# ROOTBEER & CREAMSICLE FLOATS

## SWEET, SWEET SUMMER

Join us Sundays in July as we celebrate summer with a sweet treat in the parish hall. Treats will be served between the 9:30am and 11am services. July 16 - Root Beer, Grape, and Creamsicle Floats.



## VOLUNTEER IN THE GARDEN!

Volunteers of all ages are welcome on Tuesdays from 8:30am - 10:30am to work in the garden!

ARE YOU IN YOUR 20's OR 30's & LOOKING  
TO ENRICH YOUR SPIRITUAL LIFE? JOIN US!

Young  
Professionals  
A.K.A YoPro



[CAITLIN.DRONFIELD@STMSTS.ORG](mailto:CAITLIN.DRONFIELD@STMSTS.ORG)

## YOUNG PROFESSIONALS

We'd love to meet you and we invite you to join our small group. We are meeting the 2nd and 4th Sundays in July. Contact Caitlin for information.



## ST. MATT'S WOMENS RETREAT SEPTEMBER 22-24, 2023 [STMSTS.ORG/RETREAT](https://stmmts.org/retreat)

You're invited to join the women of St. Matthew's to enjoy fellowship and relaxation as we cultivate fertile soil into our hearts. We are excited for the weekend's special guest speaker, Rev. Mary Margaret Winn. Visit the link above for details and registration. Space is limited.





**HELPING  
HANDS**

EMAIL LIST SIGN-UP

## **HELPING HANDS MINISTRY OFFICE@STMTTS.ORG**

Our helping hands ministry provides meals, rides, and assistance with errands to community members. It's an easy way to help when it fits into your schedule. Email Miriam to be added to the distribution list.



**SUPPORT BACKPACK BUDDIES**

## **HUNGER RESPONSE TEAM OF STERLING - HRTS STERLINGHELP.ORG**

HRTS is a new 501c3 started to address the growing needs of our community. Please help us spread the word by asking two friends or co-workers to join you in supporting a Backpack Buddies child. \$9/week provides six meals to a child right here in our community. Share the link above for more information, and ask your employer about corporate matching.



**ST. MATTHEW'S  
St. Matthew's  
BENEFIT CONCERT & BBQ**

**SAVE THE DATE!**  
**SUNDAY, AUGUST 27TH at 5 PM**



## **VBS VOLUNTEER TRAINING SUNDAY, JULY 23, 12PM STMTTS.ORG/VBS**

Immediately following the 11am worship service on July 23, all volunteers for this year's VBS are asked to attend a short training session. If you are able, we'd love to have your help with decorating following the meeting.



**SUMMER  
LADIES NIGHT OUT**

**SATURDAY, AUG 19  
6 PM - 9 PM**

## **ST. MATT'S LADIES NIGHT STMTTS.ORG/LADIES NIGHT**

Looking for a fun ladies' night out? Join some of your St. Matt's besties for an evening at Tarara Winery and enjoy DC Area's most popular party band Gonzo's Nose! Grab a friend and RSVP below to let us know you're coming, and don't forget to purchase your tickets ahead of time directly from Tarara Winery!

**Register at [stmtts.org/ladiesnight](http://stmtts.org/ladiesnight)**



St. Matthew's Episcopal Church

**MESSAGE  
ON THE GO**

**CHECK OUT OUR  
WEEKLY PODCAST**

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







# 7 PENTECOST

Seventh Sunday after Pentecost: Proper 10



Revised Common Lectionary  
TRACK ONE

Sunday, July 16, 2023

## COLLECT

*Traditional*

O LORD, we beseech thee mercifully to receive the prayers of thy people who call upon thee, and grant that they may both perceive and know what things they ought to do, and also may have grace and power faithfully to fulfill the same; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. *Amen.*

*Contemporary*

O LORD, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

## FIRST READING: Genesis 25:19-34

THESE ARE THE DESCENDANTS of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer, and his wife Rebekah conceived. The children struggled together within her; and she said, "If it is to be this way, why do I live?" So she went to inquire of the Lord. And the Lord said to her, "Two nations are in your womb, and two peoples born of you shall be divided; the one shall be stronger than the other, the elder shall serve the younger." When her time to give

birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterward his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them. When the boys grew up, Esau was a skillful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob. Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, "Let me eat some of that red stuff, for I am famished!" (Therefore he was called Edom.) Jacob said, "First sell me your birthright." Esau said, "I am about to die; of what use is a birthright to me?" Jacob said, "Swear to me first." So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

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## Refrain

Your word is a lantern to my feet,  
O Lord, and a light upon my path.

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### **Psalm 119:105-112** *from the Book of Common Prayer*

- |     |  |     |  |
|-----|--|-----|--|
| 105 | Your word is a lantern to my feet * and a light upon my path.      | 107 | I am deeply troubled; * preserve my life, O LORD, according to your word.      |
| 106 | I have sworn and am determined * to keep your righteous judgments. | 108 | Accept, O LORD, the willing tribute of my lips, * and teach me your judgments. |

109 My life is always in my  
hand, \* yet I do not  
forget your law.

110 The wicked have set  
a trap for me, \* but I  
have not strayed from  
your commandments.

111 Your decrees are my  
inheritance for ever; \*  
truly, they are the joy  
of my heart.

112 I have applied my  
heart to fulfill your  
statutes \* for ever and  
to the end.

## **SECOND READING:** Romans 8:1-11

THERE IS THEREFORE now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.



## **GOSPEL:** Matthew 13:1-9, 18-23

JESUS WENT OUT and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen! Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."

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## THIS WEEK AT ST. MATT'S

### Sunday, July 16th

8:00 am - Rite I Worship Service  
9:30 am - Festival Worship Service  
11:00 am - Classic Worship Service  
6:30 pm - Girl Scout Troop 2274

### Monday, July 17th

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

### Tuesday, July 18th

10:00 am - Staff Meeting  
6:30 pm - Alcoholics Anonymous  
7:00 pm - Vestry  
7:00 pm - Band Rehearsal  
8:00 pm - Compline

### Wednesday, July 19th

12:00 pm - Alcoholics Anonymous  
4:00 pm - Middle & High School  
Students: Pizza & Movie Night  
7:00 pm - Alcoholics Anonymous  
7:00 pm - Wednesdays at Church  
8:00 pm - Compline

### Thursday, July 20th

10:45 pm - Anam Cara (Closed Group)  
12:00 pm - Middle School: Lunch & Art  
Party  
1:30 pm - School Supply Drive Set-up  
2:00 pm - CSA pick-up  
8:00 pm - Compline

### Friday, July 21st

10:00 am - Middle & High School  
Students: Pasta & Flowers  
7:00 pm - Old Dominion Dancers  
8:00 pm - Compline

### Saturday, July 22nd

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

## HAPPY BIRTHDAY

July 17th: Barbara Emanuel, Craig  
Dubishar, Andy Scherer, Miriam  
Turner, Ben Merola  
July 18th: Milena Kotraba  
July 19th: Verdun Thomas, Caitlin  
Dronfield  
July 21st: Mike Schlabach, Brian  
Bellamy, Shelly D'Antoni, Mason  
Turner

## HAPPY ANNIVERSARY

July 18th: Susie & Brent Harding  
July 21st: Judith & Alden Irons  
July 22nd: Lisa & Marty Kirwan

## ATTENDANCE

Sunday, July 9, 2023

Time or Place	Attendance Online	Attendance In-Person
8:00 AM	14	28
9:30 AM	23	97
11:00 AM	14	30
Kids /Youth		10

**HELP SUPPORT**  
ST. MATTHEW'S MINISTRIES

## GIVE ONLINE

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

## VENMO

@stmttssterling



## CASH OR CHECK

Checks can be made payable to  
"St. Matthew's Church" and  
placed into the collection plate

For more ways to give and  
information on automatic giving:

[stmtts.org/give](https://stmtts.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

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

General Manager, Miriam Turner  
Office@stmmts.org

Audio, Livestream Coordinator,  
Mason Turner II, Mason2.Turner@stmmts.org  
Michael Porter, Michael.Porter@stmmts.org

Bookkeeper, Jean DeFuria  
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Director Choir, Kevin Fletcher  
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Dir. of Communications, Kathleen Bellamy  
Kathleen@stmmts.org

Dir. of Student Connections for Middle and High School, Ron Whitt  
Ron.Whitt@stmmts.org

Office Assistant, Sue Reier  
Sue@stmmts.org

Summer Interns  
Kassidy Juliane and Colin Lathrop

## VESTRY

Sara Warnick, Senior Warden  
Andrew Wright, Junior Warden  
Caitlin Dronfield  
Kristin Drummond  
Bob Henry  
Sharon Muniz  
Robby Stevens

## Service Volunteers

**Ushers** | Justin Warnick, Lorenzo Martini

**Lectors** | Linden Sanders, Kevin Fletcher

**Eucharistic Ministers LEMs** | Martha Olson, Tom Leary, Cindy Steinman, Justin Warnick, Gerry Wardell

**Tellers** | Dan Robertson

**Altar Guild** | Lisa Lintelman, Sue Reier