



SAINT TIMOTHY'S
EPISCOPAL CHURCH

The Word

W E E K L Y

VOLUME XII, NO. 8 | FEBRUARY 22, 2009

THE LAST SUNDAY AFTER THE EPIPHANY



“Transfiguration” copyright Jan L. Richardson

A SPECIAL NOTE TO OUR NEWCOMERS AND GUESTS TODAY

Welcome to St. Timothy's. We are glad that you are here. Newcomers and guests are welcome to use the “connection card” enclosed in this bulletin to learn more about our community, ask questions, or make comments. Please place the card in the offering plate, or hand it to one of the clergy at the door as you leave worship.



Welcome

WELCOME TO ST. TIMOTHY'S

If you are new, a visitor, or a guest today, we are honored to have you worship with us. After the service please join us in Edwards Hall (located off the courtyard) for coffee.

If you are interested in joining our church, please call the church office or email our Priest Executive, The Rev. Maly Hughes at maly@sttims.org. She will be glad to meet with you and talk about the church or direct you to those who might assist you. Arrangements can be made for baptism of adults and/or children on the first Sunday of each month.

THE CLERGY

Nathan Speck-Ewer, Rector
Maly Adams Hughes, Priest Executive

THE STAFF

Christina Sudairy, Communications Director
Peter Sammel, Music Director
Robert Seifert, Financial Administrator
Steve Swayze, Facilities Manager
Anne Wilde, Covenant Group Coordinator
Nancy Livak, Youth Coordinator
Wyn Schuh, Godly Play Coordinator
Joseph Hodgkinson, Parish Hosts
Helen Wooldridge, Preschool Director

THE VESTRY

Michael Diamond, Sr. Warden	Jennifer Ezell, Jr. Warden
Beto Casellas	Nelson Frick
Madeleine Gerdes	John Heltzel
Sue-Ellen Johnson	Lianne Mintz
Sandy Watkins	Christopher Paul
John Ezell, Treasurer	Lavonne Bieber, Clerk



THE SEVEN MARKS OF A DISCIPLE

At the heart of our parish is Jesus' call and challenge to be His disciples or followers today through contemporary spiritual disciplines. The seven marks of a disciple are:

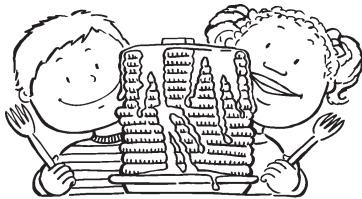
1. One who witnesses to an intentional faith as modeled in the Baptismal Covenant. (*Book of Common Prayer*, pg. 304)
2. One who keeps the Sabbath and commits to attending Sunday worship regularly.
3. One who makes a daily quiet time with God.
4. One who honors the tithe as the biblical standard of faithful financial giving.
5. One who participates regularly in a Covenant Group or Ministry Team as a means of personal support in community.
6. One who uses his/her spiritual gifts to reach out and bless others in our church and community.
7. One who reaches out, in the love of Christ, to invite others to grow as His disciples.

If you are interested in these Christian practices, or would like more information, please contact Maly at (650) 967-4724 or maly@sttims.org.

OUR MISSION STATEMENT

St. Timothy's Church calls people to unity with God and empowers them to thrive in our changing world. We are a Covenant Community that shares the love of God and proclaims the Gospel of Jesus Christ in word and deed. We provide opportunities to make a difference in the world.

GENERAL ANNOUNCEMENTS

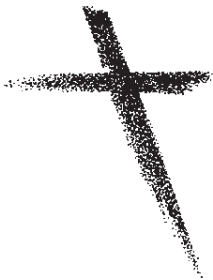


SHROVE TUESDAY

PANCAKE SUPPER

We'll be gathering in Edwards Hall on Tuesday, February 24 at 6:00 p.m. to gorge ourselves on pancakes.

The cost is \$6.00 for adults, \$4.00 for children. We look forward to seeing you there.



ASH WEDNESDAY

Ash Wednesday services will be held at 12:00 and 7:00 p.m. on February 25.

Please note there will be no Kid Music or Parish Dinner on Ash Wednesday.

CONTEMPLATIVE PRAYER

A marvelous way to combine prayer and scripture is through “lectio divina”—an odd word, but a beautiful practice.



In this practice, we take one of the readings scheduled for the coming Sunday's service, and read it four times. With these four readings, followed by some quiet time we will have a chance to:

Read—hear the Word

Reflect—listen within, to what the scripture is saying to us

Respond—listen to the prayer that arises from deep within on listening to the scripture
and

Rest—letting go to peace and silence, trusting that God knows our prayers

We will lead you gently through this. You don't need to remember anything or “do” anything special. This can be a gentle time with God. And when you hear the scripture again on Sunday it sounds very different and it can reach you more deeply.

The Contemplative Prayer group warmly invites you to join us this Thursday for lectio divina, 7:15 to 8:00 p.m. in the sanctuary.

We hope to see you there.

GENERAL ANNOUNCEMENTS

Baptism

BAPTISM TODAY

We welcome into the household of God *Sela Mae Sarbiewski* who is being baptized at the 9:00 a.m. service today.

Sela is the daughter of Jennifer Schmidt and Mark Sarbiewski of Mountain View. Her godparents are Pamela Trail of Port Townsend, WA and Jonathan Rende of Emerald Hills, CA.

Welcome Sela.

DID YOU KNOW?

Sixty percent of Americans are eligible to donate blood, but only 5% do. When you donate blood, your body immediately begins replacing the donated blood, so you can safely donate as often as six times a year. The Stanford Blood Center must collect 200 pints a day to meet the need of area patients.

The parish will be hosting the Stanford Blood Center Bloodmobile on Sunday morning, April 19. Information regarding scheduling your appointment is coming soon.



Give blood for life!

ALL NEW JOBS START WITH A GREAT RESUME

If you're looking for an entry-level through management position, get off on the right foot with a powerful resume.



St. Timothy's Employment Assistance Program can help any parishioner or family member or friend, 18 years or older, build a great new resume. Then we move ahead from there and seek job-help from fellow parishioners.

Church members Chuck Utley and Dick Yarp administer this free, confidential program. If you qualify, call St. Timothy's at (650) 967-4724, Extension #7, and leave a number. Dick or Chuck will contact you promptly.

Can You Help a Parishioner?

If you know of a hiring opportunity where you work, please call Chuck at (650) 967-4724.

Position Wanted Building Elder Fitness and Lifestyle Quality (Case #901)

Professional wellness coach seeks environment where implementing fitness programs will improve lifestyle quality for aging adults.

Experienced in helping cancer survivors and people with post-rehab conditioning and imbalance issues. Familiar with chronic pain solutions and psychological aspects of aging. Credentialed personal trainer and gerontology specialist.

MUSIC MINISTRY



AWAKE, MY SOUL, AND SING

Today's traditional hymn #618 *Ye watchers and ye holy ones* was written by John Althestan Riley, who was instrumental in the publishing of the *English Hymnal* in 1906. He translated a number of Latin hymns and added three of his own compositions. This hymnal recovered early church music, created an interest in folk music as well as introduced new hymns and tunes by current authors and composers.

This hymn's first verse mentions the traditional nine orders of angels. The second praises Mary, the mother of Jesus. The third calls upon departed saints and martyrs to praise God. The final verse addresses the present, living church to join in the chorus of praise.

The tune was arranged by Ralph Vaughn Williams and is based on a German folk song.

YOUTH MINISTRY

YOUTH NEWS

Please join us tonight as we resume our regular Youth Meetings.



- Jr. High meets from 5:00 to 6:30 p.m.
- Sr. High meets from 6:00 to 8:00 p.m.

Hope you had a good week and we look forward to seeing you Sunday evening.

ALL YOUTH in grades 6-12 are welcome.

Don't forget to check out the awesome Youth Blog and find out what's going on and what we'll be talking about at: sttimsyouthstudy.blogspot.com



THE 20 QUESTIONS GAME

An exercise reprinted from John Gottman's The Seven Principles for Making Marriage Work. New York: Three Rivers Press, 1999.

Play this game together in the spirit of laughter and gentle fun. The more you play, the more you'll learn about the love maps concept and how to apply it to your own relationship.

Step 1: Each of you should take a piece of paper and pen or pencil. Together, randomly decide on twenty numbers between 1 and 60. Write the numbers down in a column on the left-hand side of your paper.

Step 2: Below is a list of numbered questions. Beginning with the top of your column, match the numbers you chose with the corresponding question. Each of you should ask your partner this question. If your partner answers correctly (you be the judge), he or she receives the number of points indicated for that question, and you receive one point. If your partner answers incorrectly, neither of you receives any points. The same rules apply when you answer. The winner is the person with the higher score after you've both answered all twenty questions.

1. Name my two closest friends. (2)
2. What is my favorite musical group, composer, or instrument? (2)
3. What was I wearing when we first met? (2)
4. Name one of my hobbies. (3)
5. Where was I born? (1)
6. What stresses am I facing right now? (4)
7. Describe in detail what I did today, or yesterday. (4)
8. When is my birthday? (1)
9. What is the date of our anniversary? (1)
10. Who is my favorite relative? (2)
11. What is my fondest unrealized dream? (5)
12. What is my favorite flower? (2)
13. What is one of my greatest fears or disaster scenarios? (3)
14. What is my favorite time of day for lovemaking? (3)
15. What makes me feel most competent? (4)
16. What turns me on sexually? (3)
17. What is my favorite meal? (2)
18. What is my favorite way to spend an evening? (2)
19. What is my favorite color? (1)
20. What personal improvements do I want to make in my life? (4)
21. What kind of present would I like best? (2)
22. What was one of my best childhood experiences? (2)
23. What was my favorite vacation? (2)
24. What is one of my favorite ways to be soothed? (4)

25. Who is my greatest source of support (other than you)? (3)
 26. What is my favorite sport? (2)
 27. What do I most like to do with time off? (2)
 28. What is one of my favorite weekend activities? (2)
 29. What is my favorite getaway place? (3)
 30. What is my favorite movie? (2)
 31. What are some of the important events coming up in my life? How do I feel about them? (4)
 32. What are some of my favorite ways to work out? (2)
 33. Who was my best friend in childhood? (3)
 34. What is one of my favorite magazines? (2)
 35. Name one of my major rivals or "enemies." (3)
 36. What would I consider my ideal job? (4)
 37. What do I fear the most? (4)
 38. Who is my least favorite relative? (3)
 39. What is my favorite holiday? (2)
 40. What kinds of books do I most like to read? (3)
 41. What is my favorite TV show? (2)
 42. Which side of the bed do I prefer? (2)
 43. What am I most sad about? (4)
 44. Name one of my concerns or worries. (4)
 45. What medical problems do I worry about? (2)
 46. What was my most embarrassing moment? (3)
 47. What was my worst childhood experience? (3)
 48. Name two of the people I most admire. (4)
 49. Name my major rival or enemy. (3)
 50. Of all the people we both know, who do I like the least? (3)
 51. What is one of my favorite desserts? (2)
 52. What is my social security number? (2)
 53. Name one of my favorite novels. (2)
 54. What is my favorite restaurant? (2)
 55. What are two of my aspirations, hopes, wishes? (4)
 56. Do I have a secret ambition? What is it? (4)
 57. What foods do I hate? (2)
 58. What is my favorite animal? (2)
 59. What is my favorite song? (2)
 60. Which sports team is my favorite? (2)
- Play this game as frequently as you'd like. The more you play, the more you'll come to understand the concept of a love map and the kind of information yours should include about your partner.

PRAYER CORNER

*“Pray in the Spirit on all occasions
with all kinds of prayers and requests.*

*With this in mind, be alert
and always keep on praying
for all the saints.”*

Ephesians 6:18

“The job of every Christian is to pray.”

Oswald Sanders

PRAYER SAMPLER #2 IS COMING

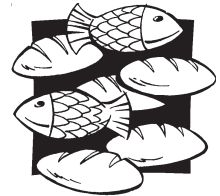
Please come for an evening of prayer with an international flavor on Sunday, March 8 at 5:00 p.m. in Edwards Hall. Please also bring an international-inspired main dish for a post-prayer potluck. See you on the 8th.



OUTREACH

FISHES AND LOAVES

Fishes and Loaves is our hands-on support ministry to families welcoming new babies or facing a medical crisis or other challenges.



This ministry makes God’s love tangible by offering practical help such as meals, grocery shopping, playdates, and childcare. It also provides ample opportunity for everyone in the parish to be a blessing to others.

If you can double your favorite recipe and provide dinner to a family, or spare some time to help, contact the church office at (650) 967-4724.

REMEMBER THE LOVE BASKET

Bring donations of non-perishable food to the Love Basket, located in the back of the church. The offerings are taken to the food bank at SMUM.

Point out the basket to your children when it is brought to the altar with the other offerings, and invite them to help you choose food to put in the basket next week.

Donations of toiletries (including sample or hotel sizes), paper products, and diapers are also very much appreciated.



STEPHEN MINISTRY

STEPHEN MINISTRY
HEALING PRAYER

There is a Stephen Minister available at the side altar rail (near the cross) during communion at each service. If you are experiencing any sort of spiritual, physical, emotional, or relational difficulty, you are encouraged to come forward for healing prayers.



After receiving communion, come to the altar rail to be anointed with oil and receive laying on of hands and healing prayers by a trained Stephen Minister.

Stephen Ministers are also available to pray with people after each worship service. Stephen Ministers wear a blue identification badge.

Prayer concerns are confidential.

If you would like to explore an ongoing one-to-one Christian caregiving and prayer relationship with a Stephen Minister, call the church office, speak with a Stephen Minister, or email stephenministry@sttims.org. The Stephen Ministry Coordinator will meet with you and prayerfully match you with one of the available Stephen Ministers.

Lifes rising waters
left you feeling
Alone?

Start Building a Bridge

Call (650) 967-4724 or Email
stephenministry@sttims.org

Contact St. Tim's Stephen Ministry for support when your burden feels heavy...

- worries about parents
- worries about kids
- financial anxiety
- feeling disconnected
- death of a loved one
- divorce
- illness
- hopelessness
- depression
- job loss
- confusion
- loneliness

...or because you know someone who needs our help.

COVENANT GROUPS

Covenant Groups are an expanding network of small groups that meet together to share the life of faith. To find out more, please call one of the group leaders, or the parish office.

Mondays

- | | | |
|-----------|------------------|----------------|
| 1:15 p.m. | Anne Wilde | (408) 379-2235 |
| | & Wyn Schuh | (408) 736-4662 |
| 8:00 p.m. | Susan Pimlott | (408) 736-8848 |
| | Christine Foster | (650) 567-9755 |

Tuesdays

Childcare available at church: 9:15-11:30 a.m.

- | | | |
|-----------|---------------------------|----------------|
| 9:30 a.m. | Cindy Howard | (650) 424-9741 |
| 7:00 p.m. | Becky Mikkelsen | (650) 428-0564 |
| 7:00 p.m. | Susan Slakey | (408) 249-7114 |
| | & Jennifer Olsen | (408) 733-8735 |
| 7:15p.m. | Bill Shreve | (650) 941-6436 |
| 7:30 p.m. | Michael Diamond | (415) 830-0425 |
| | & Dana Peak | (408) 299-5798 |
| 8:00 p.m. | Will Watkins | (408) 867-6063 |
| 8:00 p.m. | Steven Schumaker-Trottier | (650) 279-1407 |
| | & David Foster | (650) 567-9755 |

Thursdays

- | | | |
|-----------|--------------|----------------|
| 7:00 p.m. | The Johnsons | (408) 737-8355 |
| 7:00 p.m. | Nyna Dolby | (650) 941-9335 |
| 7:30 p.m. | Scott Boding | (650) 962-1967 |

Fridays

- | | | |
|-----------|--------------|----------------|
| 1:00 p.m. | Althea Parks | (408) 245-0295 |
|-----------|--------------|----------------|

ALTAR GUILD



The flowers today are given
to the Glory of God by
The Ezell Family

*In thanksgiving for
our faithful community serving us all
so well at Ann Grant's memorial*



FLOWER DEDICATIONS

We invite you to sign up on the Flower Chart on the back of the front door of the church. The dedication might be for celebrating a birthday, anniversary, in memory of someone, or simply in thanksgiving for many blessings.

The suggested donation is \$35, and it is okay to have more than one dedication per week.

Thank you for your support of the Altar Guild.

SERVING TODAY

Darlene Frick	Altar Guild
Nyna Dolby	
Laurie Hartford	
Wyn Schuh	
Julie Hansen	
Pat Ryan	Tellers
Sue Ryan	
7:45 a.m.	
Chuck Utley	Newcomer Welcome
Darlene Frick	Greeters/Ushers
Nelson Frick	
Dick Yarp	Lector
Althea Parks	Eucharistic Minister
TBA	Sound
9:00 a.m.	
Michele Trottier	Newcomer Welcome
Steven Trottier	
Michele Trottier	Greeters/Ushers
Steven Trottier	
Lauren Malley	Lectors
Lucas Mendoza	
Bobby Malley	Acolyte
Audrey Wolfe	Prayer
Larry Mendoza	Eucharistic Ministers
Laura Casellas	
Beto Casellas	
Allen Dutra	Sound
Andrew Yobs	Projector
Michael Schuh	Floor Director
10:30 a.m.	
Lavonne Bieber	Newcomer Welcome
Bob Parsons	Greeters/Ushers
Jen Ezell	
Cory Hartley	Lectors
Mark Witzke	
Julia Ezell	Acolyte
Grace Schmidt	Eucharistic Ministers
Susan LaGassa	
Mark Witzke	Sound
Carina Gwennap	Projector
Ken Livak	Floor Director

LAST SUNDAY AFTER THE EPIPHANY

2 KINGS 2:1-12

PSALM 50:1-6

2 CORINTHIANS 4:3-6

MARK 9:2-9

PRAYER LIST

If you have a prayer request, call the church office or email prayer@sttims.org.

Names are kept on the prayer list for two weeks. If prayers are still needed after two weeks, please call or email again.

Please Pray For: Alexis Briski; The Constanz Family; Kate Drew; Terry Field; Eric Ford; Betty Sue Frost; Ron Holt; Mateo Kohler; Elizabeth Luce; Ed Sammel; Kris Smiley; Alden Speck-Ewer; the Diocese of El Camino Real and Bishop Mary; the children of La Roca and those who care for them; Stephen Ministers and their care receivers; members of the armed forces, especially Kernan Dibble and Brendon Williams.

THIS WEEK

SUNDAY, FEBRUARY 22

7:45 a.m. Worship
9:00 a.m. Worship
9:45 a.m. Godly Play
9:50 a.m. Breakfast Club
10:30 a.m. Worship
5:00 p.m. Jr. High Youth Group
6:00 p.m. Sr. High Youth Group

MONDAY, FEBRUARY 23

9:30 a.m. Bridge Club

TUESDAY, FEBRUARY 24

6:00 p.m. Shrove Tuesday Pancake Supper

WEDNESDAY, FEBRUARY 25

9:30 a.m. Jesus in the Gospels
12:00 p.m. Ash Wednesday Service
5:15 p.m. Kid Music
6:00 p.m. Parish Dinner
7:00 p.m. Ash Wednesday Service
6:45 p.m. Jesus in the Gospels

THURSDAY, FEBRUARY 26

7:15 p.m. Contemplative Prayer Group



LAST WEEK'S WORSHIP ATTENDANCE

7:45 a.m.	15
9:00 a.m.	68
10:30 a.m.	75

Finances

Actual income	\$544,232
Pledged income	\$620,000

as of 12/31/2008

2009 DATES TO NOTE

March 8 Prayer Sampler #2
April 19 Bishop's Visit
April 19 Blood Drive
May 15-17 Men's Retreat

SUNDAY SERVICES

7:45 a.m. 9:00 a.m. 10:30 a.m.

**Sermon, Holy Communion, Traditional
and Contemporary Music.**

Nursery care is provided in Room 7 during
the 9:00 a.m. and 10:30 a.m. services.