



Weekly Information August 26th to September 1st, 2010

From Bob and Ruth:

We will soon have a wonderful and hard working Search Committee in place. As your “Transition” clergy we see our next task as helping to organizing the parish for future ministry and growth. What follows is an example:

- In days past when women were not allowed to serve on Vestries let alone as clergy, acolytes, chalicers etc. women’s guilds of various sorts formed. They raised money and were not infrequently as powerful as the Vestry.
- In time these guilds or circles became the ECW—The Episcopal Church Women. They had organizations in the parish, in the Diocese and to this day meet alongside the tri-annual General Convention of the Episcopal Church.
- Times have obviously changed (for the better). Some parishes, such as St. Matthew’s no longer have an ECW. Do you want/need one?
- The Daughters of the King has an entirely different purpose and focus which is to pray for the parish and the clergy. It is open to all women.

A practical ramification. We have been asked by the Diocese ECW to name a United Thank Offering (UTO) Chairperson. This in the past would follow under the parish ECW. The United Thank Offering addresses compelling human need through grants to projects that alleviate poverty, both domestically and internationally, within the Anglican provinces, dioceses, and companion dioceses. You can learn all about it at www.episcopalchurch.org/uto.

We could form an ECW and ask a member to take it on. Or we could establish a Parish Outreach Committee as a coordinating committee for UTO, Pantry, CCHASM etc. and ask them to coordinate the UTO.

What do you think we should do? In the interim, would anyone (man or woman) chair UTO for this year? It is a wonderful form of outreach which we believe St. Matthew’s should strongly support. If you have never taken on a ministry, it is a great place to start!

Young People...This is for you: Announcing Dates for Fall Youth Events

The EYC Board of the Diocese of Southern Virginia is pleased to announce two exciting events for youth this Fall. October Weekend: Seasons of Change is open to all youth grades 8-12 and will be held at Chanco on October 8-10. November Weekend is open to youth grades 6-9 and will be held at St. Martin's Williamsburg on November 20-21. Flyers will be available soon.

The following comes from another local Episcopal Church concerning small groups. Who would like to help start such a group at St. Matthew's? Please contact Ruth or Bob.

Small Groups

Emmaus Groups are small groups of 6 to 10 parishioners who meet weekly for 90 minutes during 10-week covenant periods. The core of these gatherings is attentiveness to the spiritual growth of participants.

The name "Emmaus" comes from the well-known story from the Gospel of Luke about the disciples who encountered the resurrected Jesus on the road to Emmaus. They have a deep, spiritual conversation with each other and with Jesus as they travel together, but it is only when they reach their destination and break bread together that they fully recognize Jesus.

Emmaus Groups are built on four "pillars."

- + Spiritual Reflection
- + Mutual Care and Support
 - + Prayer
 - + Service

Some Emmaus Groups focus on a study of the Gospel assigned for the coming Sunday (the lectionary). Others focus on such topics as dreams, women's spirituality, or specific books.

You may participate in an Emmaus group for one or more of the three covenant periods, as your schedule permits.

Weekly Bible Study; Preparing for Sunday: Leaders of Emmaus Group who are studying the lectionary can find weekly discussion guides from this site. Other groups and individuals are also welcome to use these outlines for their own lectionary-based Bible studies. These guides are provided during the weeks that Emmaus Groups are meeting (covenant periods).

Covenant Periods are the three 10-week periods during which groups meet. You may participate in one or more covenant period with the same group, try different groups in each covenant period, or participate in just one or two covenant periods. Covenant Periods for our Centennial Year (2010-2011) are as follows:

Fall: Week of September 26 to week of November 28

Winter: Week of January 2 to week of March 6

Spring: Week of March 27 to week of May 29.

From Tom:

- As most of you probably know this Sunday is Robin's last Sunday with us. She will start classes Monday at Virginia Theological Seminary (VTS). She is preaching this Sunday and will be back for St. Matthew's Day. We have been very blessed to have Robin with us in the role of Seminarian and this summer as church secretary. Please keep her in your prayers.
- Eva's hours will be Monday thru Thursday – 9 to 1
- If anyone has an announcement they would like to share with the congregation please email me the information by 5 p.m. Wednesday. tom.carr@vibralign.com
- Keeping the email you receive each week for the weekly newsletter will not allow you to open previous weeks' newsletters. You must save the newsletter to your PC not just keep the old email. The link in the weekly email will only direct you to the most current issue.

- **Search Committee is now in place.** The Vestry has been working on this for the last couple of months. At the August meeting the Vestry selected committee members and elected the chairperson. St. Matthew's is lucky to have so many talented people. We believe the committee represents a good cross section of St. Matthew's based on age and gender. Please keep them in your prayers. The members will not be able to discuss the progress individually with the congregation, so make it easier on them and refrain from asking any questions. You will be receiving regular updates. The members are:

Lynn Corbin-Howerton – Chairperson
 Dianne Lewis – Vestry Representative
 Nancy Atkinson
 Suzanne Burke

Barbra Fisher
 Sandra Koch
 Darin Parkison
 Joe West

Blake Baucom and Sarah Koch will be representing the youth of the parish. They are non-voting members.

Food Pantry:

Tuesday night the food pantry served two new families. Both families were very grateful and emotional as we gave them gift cards and helped them load bags of groceries into their vehicles. Both families were single mothers, one with two children, and the other with one child. I watched as one family walked towards the church, the oldest son struggling with a brace on each of his legs. I wanted to run towards them and tell them to please stop; we would bring the items to them. We met them on the sidewalk, and I was able to talk to the mother for a few minutes. With tears in her eyes, she told me that her son had just completed his twentieth surgery – he was born with spina bifida. He is only 13 years old, and has already undergone 20 surgeries. She mentioned that even though she is in school full time they are normally able to manage, but recently hit a rough spot. I asked her to think about any other needs she may have, and if possible, we would try to help. She said thank you and told me that she would think about it, but she was hoping that she would not be in this situation again. I watched her help her son back in the car, and then drive away. I then turned and watched my daughter running through the field next to the church, hair blowing in the wind and laughing. Carefree - as a child should be - and I could not imagine what it would feel like to be that mother whose child had already undergone 20 surgeries, and still was not able to run and play freely with other children. It is even more difficult to imagine that same child being hungry, and wondering how I was going to manage to care for and feed him. I left feeling so incredibly blessed and aware of how much I take for granted. I have said it before, but I am often reminded of how much this ministry not only helps those in our community that need food, but also helps my needs – needs that I am not always aware of. Some weeks, I catch myself sliding into fog of asking for donations, stocking the pantry, and showing up on Tuesdays to distribute the food. Then I meet a family like the one that I met last night and I feel like God is shaking me awake, and I am so grateful that he allows me this experience. I hope some of you will also volunteer and experience this for yourselves. It is amazing that He allows us this opportunity. Thank you so much for all that you do to make this possible. I am truly blessed to be a part of the St. Matthew's Community.

Please see the Fischer's weekly specials list for all of our food pantry needs.

We can always use gift cards and volunteers to help with the food pantry distribution on Tuesday nights. Please consider signing up to volunteer once a month, picking up a five dollar gift card, or donating a food item each week to support our food pantry outreach ministry. Together we can continue to make a difference in the lives of the members of God's community we serve each week.

ST. MATTHEW'S FOOD PANTRY NEEDS FOR WEEK OF 8/22/10-8/28/10

ITEM	IMMEDIATE NEED IF MARKED	QTY IN STOCK	WEEKLY SPECIALS		
			Advertised Prices at Kroger with card	Advertised Prices at Food Lion with card	Advertised Prices at Martins with card
			Paper Bags		
Gift Cards:					
Food Lion	x	\$15.00			
Kroger	x	\$0.00			
Martin's	x	\$10.00			
Walmart	x	\$0.00			
Juice	x	0	OceanSpray Juice Cocktail, 2/\$4		Giant Grape Juice, 64oz, \$2.39
Coffee	x	3	Kroger Brand \$6.49, 35oz	Maxwell, 32oz, \$5.99	Giant, 32oz, \$6.99
Tea Bags	x	2			
Hot Cereal					
Cold Cereal				General Mills,(SV) 2/\$6	G.M. (sv) 4/\$8
Canned Fruit			Kroger Brand, \$1.19	DelMonte (SV) 15oz, 3/\$5	Mott Apple Sauce 10/\$10
Peanut Butter			Kroger Brand, 10/\$10	PeterPan, 3/\$5	Jif,.99¢ with coupon
Jelly			Kroger Brand, 10/\$10	(SP)Giant, Grape \$1.89	
Tuna			bumbleBee 3/\$4		
Canned Chicken	x	3			
Canned Spam/Treet	x	0			
Canned Ham	x	0			
Beef Stew	x	0	Kroger Brand, 20oz, \$2.99	Armor, 24oz, \$2.29	(SP) DintyMoore, 15oz, \$1.89
Brunswick Stew	x	0	\$3.59, 20oz	24oz, \$3.69	\$3.39
Chicken & Dumplins			Sweet Sue C&D \$2.99		Sweet Sue C&D \$2.96
Canned Chili	x	1	(SP) Hormell \$1.41	Hormell, 15oz, \$1.99	
Ravioli			ChefBoyardee 10/\$10	ChefBoyardee 10/\$10	ChefBoyardee 5/\$5
Spaghetti Sauce				Bertolli, 2/\$4	Ragu, 2/\$4
Spaghetti Noodles			ChefBoyardee 10/\$10	ChefBoyardee 10/\$10	ChefBoyardee 5/\$5
Hamburger Helper			Kroger Brand 10/\$10	F.L. \$1.59	
Mac & Cheese				Kraft Dinners 3/\$5	
Rice			ValueBrand, 5lbs, \$3.12		Giant, 2 lbs, \$1.89
Stuffing			Kroger Brand \$1.39	F.L. \$1.59	(SP) Giant, 99¢
Mashed Potatoes	x	2		Hungry Jack, \$2.15	

Can of Gravy or Cr. Mushroom or Chicken Soup	x	0		F.L. Mushroom and Cream of Chicken, .69¢	Giant: Cream Mushroom & Cream Chicken: 4/\$3
Bisquick	x	1	(SP) 7.5 oz pkg. .83¢		
Muffin Mix					
Canned Corn	x	3	(SP) Kroger Brand, 82¢	F.L. 61¢	(sp) Giant Brand 3./\$2
Canned Green Beans			(SP) Kroger Brand, 82¢	F.L. 61¢	(sp) Giant Brand 3./\$2
Canned Carrots			(SP) Kroger Brand, 82¢	F.L. 61¢	(sp) Giant Brand 3./\$2
Canned Yams				F.L. 61¢	
Baked Beans/Pork n Beans			VanCamp P&B .53¢		
Canned Soup				F.L. (SV) 2/\$1	Giant: Tomato or chick-Noodle 2/\$1
Oodles of Noodles/Ramen					
Cookies			Sp) Nabisco, \$1.99 KrogerBrand Toaster Pastries 10/\$10		Giant Brand Taster Pastries 2/\$3
Cake/Pie Mix	x	0	Betty Crocker \$1.39		
Frosting					
Mayo					Kraft, 30oz, \$1.99
Ketchup					
Mustard					
Laundry Soap					Tide, 150oz, \$16.99
Bar Bath Soap					
Shampoo					
Toilet Paper			Northern, 12 rolls, \$5.99	Northern, 12 rolls, \$6.99	
Toothpaste			Close-up 10/\$10		
Toothbrush					
Deodorant			Sure, 10/\$10	Arrid \$1	
Paper Towels	X			Brawny, 8 rolls, \$6.99	Giant 88¢ each
NOTE: (sv)=Select Varieties; (SP)=on Special					