



# Sticks and Stones

Growing together in Christ transforms lives.

## Our Mission:

We embody Christ's presence by reaching out to receive with open hands and to share with open heart the Word of God, the Bread of Life.

## ALMOST TIME TO BID FAREWELL TO A DOG-GONE GOOD MEMBER OF OUR CHURCH FAMILY



### St. Timothy's makes a difference – AGAIN!

Melissa and I would like to thank the parishioners, the Vestry as well as Liz and Andy for welcoming Smokey the Guide Dog In Training into your sanctuary. We will be taking Smokey back to Southeastern Guide Dog in Palmetto Florida on March 3. He will undergo medical and soundness evaluation before entering Guide Dog University at the school. We are praying that he remains healthy and responds well to training at the school so he can be matched with a visually impaired person or a veteran in need of assistance. The trip to Florida will be tough as we know we will be giving up Smokey, but we will be returning with another pup to raise and train.

This experience has brought joy, unconditional love, excitement and purpose in our home. We hope our small gift of love will bring independence to someone who desperately needs it. We would like to thank you ALL for the way you have welcomed us and Smokey into the church. He may have left a dog hair or two in the sanctuary, but you have left your mark of love on him and on us. We first came to St. Timothy's to give Smokey the experience of a church setting, but among the welcome hugs and handshakes we feel we have found a church home. Thank You Again.

Greg & Melissa David and Smokey

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## From the Stewardship Committee:

You may turn in a 2012 pledge card at any time if you have not already done so. There will be blank pledge cards in the Narthex. If you have any questions, please call or email Mandy Neal at 979-848-0951 or [mandy@cmaaccess.com](mailto:mandy@cmaaccess.com).



## February 26, 2012

The next Houston Blood Bank drive will be on February 26, 2012, in our Parish Hall, between 8:00 AM and 12:30 PM.

According to their records, we had 118 donors during the year of 2011. This does not include the number of folks that were rejected for one reason or another when attempting to donate. Thanks to all those who donate!

Tom Boone

*The deadline for submissions to the March 2012 issue of the STICKS & STONES will be Tuesday, February 21, 2012 at 5:00 PM.*

### Average Sunday Attendance

	<u>2010</u>	<u>2011</u>
January-November	172	176
December	163	221
January-December	171	180

*In 2010, the last Sunday in December was the 26<sup>th</sup>, when we had one service with the unusually low attendance of 69. In 2011, the last Sunday in December was Christmas Day which, including the Christmas Eve numbers, totaled a high attendance of 356. This makes our improvement in 2011 look better than it really is.*

*We can better compare 2010 and 2011 by averaging our attendance on all Sundays except the last Sunday in December. This yields:*

	<u>2010</u>	<u>2011</u>
January-November	172	176
December	173	177
January-December	173	177

***Sticks and Stones, a monthly newsletter for members and friends of***

**St. Timothy's Episcopal Church**  
 200 Oyster Creek Drive  
 Lake Jackson, TX 77566  
 (979) 297-6003  
[www.stimothy.org](http://www.stimothy.org)

**The Rev. Andrew D. Parker, Rector**  
 e-mail: [aparker@stimothy.org](mailto:aparker@stimothy.org)

**The Rev. Elizabeth W. Parker, Associate Rector**  
 e-mail: [lparker@stimothy.org](mailto:lparker@stimothy.org)

Newsletter deadline is the third Tuesday of the preceding month.

Editor: Margaret Jones  
 e-mail: [newsletter@stimothy.org](mailto:newsletter@stimothy.org)

Layout & Design: Judy Armstrong  
 e-mail: [jarmstrong@stimothy.org](mailto:jarmstrong@stimothy.org)

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# Ministry of the Month

## FELLOWSHIP

### 2011 Fellowship Report

The Fellowship Team of St. Timothy's continues to be such a joyful ministry to serve in!! Our team and all the helpers enjoy preparing food to go along with our many activities here!

The highlight of 2011 has to be the hiring of our new Wednesday Evening at St. Timothy's (WEST) cooks - Frances and Pedro Mireles. They are definitely a blessing to our church. The meals have been excellent and it has allowed for some nice, mid-week fellowship among our church family.



Other activities this year have included:

Sunday Morning Coffee Hour – Many, many thanks to the generosity of Jackie and Don Kaus for providing the treats each Sunday morning! What would a Sunday morning be without donuts?

King's Cake – As always, Sandra Weir does a fabulous job ordering and serving the King's cake!



The Fellowship Team assisted the "Dinner Team" with a fish dinner (thanks to Craig Werling for donating the fish and assisting with the meal!), an Indian dinner, a BBQ chicken dinner and a 'Souper-Douper' Supper. All the dinners combined to raise close to \$6000 to add to our church budget. A VERY SPECIAL thanks to Nikhil and Nayantara Verghese for all their coordination and cooking assistance to make these dinners a success – we TRULY could not have done these without you! Other members of the Dinner Team include Keith Frank (printing tickets), Jackie Kaus – extraordinary dessert baker, Sara and Chris Eddy, Craig Werling, Gayle and John Pitts, Marianne Essington, The Brotherhood of St. Andrew, and Amanda Woodburn, and Margo and Bob Hearn.

Receptions Held – Confirmation, Graduating Seniors, Annual Meeting, Easter breakfast, *Messiah* concert, and the Christmas Eve service. Thanks to all who helped with these gatherings.

Besides the people I have already mentioned, I also want to give a special thanks to Harriet Cutshall this past year for hemming all the round table cloths, and for sewing 2 gathered table skirts. This makes setting up our reception tables so much easier!

Plans for 2012 include adding additional helpers to our team – for Sunday morning coffee hour, having Sarah Kaus begin to provide clean-up duty of the kitchen following the late service, encouraging more Parish members to attend the delicious Wednesday night dinners, keeping the kitchen drawers, cabinets, and closets organized, and looking for ways to reduce costs, while still providing delicious food and drink for our church family!



Respectfully submitted,  
Fran Hammond

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**News from The Well**  
(our new **art-as-ministry** room  
Located in Room 240)



January found us meeting at The Well for VisionWorks. Holy Spirit met us there and each of us came away able to see a little more clearly our aim for 2012.



Join us for our **February event**

- When? **Saturday, February 11, 2012**
- Time? **11:00 AM – 3:00 PM (bring yourself a snack)**
- Where? **The Well**
- What? **Entering the Silence of Lent**
- Art Activity? **Mandalas**
- Cost? **Love offering**
- Bring? **Paper** – 11x17 bristol paper is a good size and a good surface. We will furnish colored pencils, crayons, and markers

**LIMITED TO 10**



## Annual Parish Meeting 2012

by the Rev. Andrew Parker

### I. Introduction

Today, for the first time in recent memory, we're celebrating our Patronal Festival, St Timothy's Day, on a Sunday morning. So in worship this morning, we hear St. Paul writing to his beloved young colleague, Timothy these words:

*Rekindle the gift of God that is within you  
through the laying on of my hands  
for God did not give us a spirit of cowardice  
but rather a spirit of power and of love and of self-discipline*

This is what our annual parish meeting in this new year, is really about—rekindling the gifts which God has given us, in a spirit of self-discipline, and power and love.

### II. The Year Behind

Let's step back and take a look at some of what we've seen in the last year, just where and how God's gifts have been used and shared. The year started with the annual Vestry and Parish Council retreat. We decided this time to bring the retreat leader back from the year before, Dr. Betsy Aylin of Austin. That's how we discovered the many advantages in using a retreat leader more than once—greater continuity, she knows us, he know her, and so forth.

We started our retreat in prayer and in listening to the Holy Spirit. Then we moved to consider St. Timothy's core values and vision statement as a baseline. Remember those core values? Love, Outreach, Tradition, Christian Formation and the Arts. Our vision statement is printed on your agenda. Essentially, we share our passion for Jesus Christ, by welcoming everyone, serving our neighbor and building relationships, especially with children and youth.

So, with the core values and vision as a starting point, the leaders' developed five Focus Areas for the year ahead: (A) Outreach (B) Youth and Children (C) the Arts (D) Growth in Numbers and Spirit and (E) Financial Soundness. As we look back at the year 2011, let's consider each of these Focus Areas in turn, starting with Outreach.

**A.** The Diocese of Texas has recently started asking us to report on the amount we spend on Local Outreach. In 2011, that amount came to over \$43,000, nearly a tithe of our annual budget This figure

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includes not only cash donations, but also the cost of utilities for ministries like The Hall and organizations like BACH. It's an impressive figure and it reflects St. Timothy's stated intention to serve our neighbors without thought of return or reward.

We're delighted this year to have two vestry members serving on local outreach boards: Kelly McClendon at the Food Basket and Phil Koury at the Brazosport Medical Center in Freeport. In terms of mission further afield, St. Timothy's had the joy of sending off our own young Nathan Richardson on a mission last summer to Southeast Asia. And in December, we hosted the Rev. Canon Ian Montgomery, a SAMS missionary in Peru.

I'm not going to detail all the Outreach activities—you can see the report posted in the back, along with all the other Parish Council reports. I do want to commend the Brotherhood and the EYC for all they do for Outreach and commend our dauntless Outreach Chair, Adrian Zabala.

**B.** Let's talk next about the youth and children, the 2<sup>nd</sup> Focus area. We are so grateful to have Talley Johnson on board as Youth Minister, and to celebrate her 12 month anniversary at St. Timothy's. In youth ministry—that's a milestone! You've already heard Talley's report on the youth activities. I'd just add that Talley and the Youth get critical support from Kim Lehnhoff, the Chair for Youth Ministries.

The younger children took their own kind of trip during a wonderful VBS last summer to Hometown Nazareth, without even leaving the building. The Catechesis of the Good Shepherd is all certainly a premiere ministry of St. Timothy's, forming our youngest ones in the faith.

The many Christian Formation programs for all ages are vibrant and strong, thanks to a lot of good, dedicated teachers, thanks to Lela Seay, the dynamic Chair of Adult Christian Formation and thanks most of all to the Rev. Liz Parker, the Christian Formation Chair. Just one of the things she does so well at St. Timothy's.

**C.** Our next Focus Area, the Arts, is another one of those things! Do you remember how we responded to Ash Wednesday by writing, and drawing and being photographed. That response culminated in a breathtaking exhibit called *Ash Witness* which opened on Palm Sunday. That was Liz Parker's brainchild.

We had an outstanding Lenten Series on Spirituality and the Arts, with poet Martha Serpas, writer Ron Rozelle and painter Bishop Andy Doyle.

At the end of the year, we opened The Well in Room 240 in the Portico. The Well is a prayerful studio, a place for people to deepen their faith through art. Sheila Conner will be offering monthly workshops there. I believe a Mandala workshop is coming up in Lent.

Among the Arts, we are so blessed with great music here-- splendid, uplifting, soul-restoring music. The Joyful Noyse, the Senior Choir, the Children's Choir and the hand chimes, we love them all. The community performance of Handel's *Messiah* was one of the true high points of the year. At the center of this musical whirlwind is the unflappable Paul Butt. We never get to applaud the choirs, or Paul, in church, so let's applaud them now.

**D.** Our 4<sup>th</sup> Focus area from the Leader's retreat was Growth in Numbers and Spirit. Growth in Spirit has certainly come with many of the events and ministries I've already listed. So now, as they say on NPR, "let's do the numbers." Our average Sunday attendance in 2011 increased from the year before. It moved

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up from 171 to 180. This year we were helped by the fact that Christmas Eve fell on a Saturday, but even if you factor that out, we still have a modest increase. And we can be grateful for that. However, next year I'd love to see a totally immodest increase!

One of the key people helping us in this effort is the Evangelism Chair, who came on board last year, Heather Doughty. It occurred to Heather that the physical space where we welcome visitors into the church, the place we call the narthex, says a lot about what we think of them, and what we think of ourselves. So, I'm sure you've noticed the "make-over" that Heather has done for the narthex, making it tidier, friendlier and more welcoming.

In terms of growing in numbers, I should also point out, if you haven't noticed, that we have an outstanding Soundings class this year. Are any of the Soundings people present? I'd like to introduce any who are.

**E.** The 5<sup>th</sup> and final Focus Area was Financial Soundness. Nikhil Verghese and Bob Hearn co-chaired the Finance Committee beautifully. They simplified the financial reporting to make it more comprehensible to the vestry and parish council. They also initiated quarterly check-ins at parish council meetings, which helped in keeping our expenses down and finishing the year nearly \$10,000 in the black.

Some other landmarks from the previous year. We didn't have a "Sports Focus Area." But if we did, it would include (1) our golf team winning the Brotherhood of St Andrew tournament and (2) our first ever field trip to the Episcopal Night at the Astros.

**F.** Building relationships is an important part of our vision statement. In our organization, relationships are at the core of both Fellowship and Pastoral Care. If anyone around here has a heart for Fellowship, it's Fran Hammond, the Chair. Fran had the brilliant idea that we should interview and hire a cook or two for our Wednesday Evening Suppers and she did. Now Frances and Pedro are serving these delicious meals on Wednesdays evenings from 5:15 to 6:00. This is a lovely, relaxed time for Fellowship and I urge you to try it out. It might actually make your schedule easier, not having to cook dinner. Liz has been saying for years that what St. Timothy's really needs is to hire a chef. I had always poo-pooed that idea, but now Liz's dream has come true!

Under Pastoral Care, the Gathering Place serves seniors with dementia and their caregivers. In May the Gathering Place celebrated its one year anniversary at St. Timothy's and owes its beginning, as well as its continued success, to Jeanne Manry. Jeanne has come to the end of her term as chair for Pastoral Care and she's stepping down this year, having done yeoman's work.

The Eucharistic Visitors carry out important Pastoral Care, taking the sacrament on Sundays to people who are sick or infirm. We've had three faithful Eucharistic Ministers for a good number of years, but in May we trained 9 new ones, so this ministry has been vitally strengthened.

All the Parish Councillors work behind the scenes, but the one most behind the scenes is Sondra Griner, and she probably likes it that way. Sondra helps to keep our congregational lifeblood flowing in her ministry of Connection and Communication.

Two more highlights, then I'll stop: Last summer we hired a wonderful new sexton, Rhonda Woodard, who's a lovely person, a great worker and who feels a real call to her work at St. Timothy's. Her father

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was the sexton of the Episcopal Church in Victoria. She told me that the only way she's leaving this job is if we kick her out!

Finally, last May, after literally months of City Council debates, we at last persuaded them to approve guidelines for the establishment of cineraria and columbaria in the city. That is a huge victory that we should celebrate.

### **III. The Year Ahead**

I'll just mention a few things. First off, the vestry, parish council and clergy are meeting next weekend for our 3<sup>rd</sup> annual retreat with Dr. Betsy Aylin.

We have another great Lenten series coming up, this one focused on Healing. We're bringing in the beloved and thoughtful Reverend Mark Crawford, chaplain at St. Luke's Hospital, whom you already know.

Our Final Affairs Fair will take place on Saturday, March 3. The Stewardship Team is providing this opportunity for us all to learn about putting our personal and family house in order, in anticipation of entering eternity, a day that will come for all of us one day.

Keep the evening of April 26<sup>th</sup> open for our Sharing Faith Dinners. This is Bishop Doyles' initiative for Episcopalians all over the Diocese to gather in small groups in their homes to have dinner and to talk about how we share our faith with others.

### **IV. Conclusion**

I can't end without acknowledging two special people who've done so much to give St. Timothy's the good year that we've had. Our Senior Warden, Judy Armstrong, who's provided such strong and unifying spiritual leadership. In spite of some health issues in the summer, Judy was always there when she was needed.

Second, our Junior Warden of several years, John Pitts, who keeps this place up and who deals with the air conditioner and other emergencies. I was going to say how universally respected and loved, but you've already demonstrated that this morning!

In closing, I'll just say that Liz and I know how blessed we are to have spent the past eleven years as your clergy at St. Timothy's. God willing, may we enjoy many more years here, ever rekindling God's gift of love and power.

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### **Sunday morning Adult Christian Formation program for February 2012:**

**Feb. 5** - Carrying the Light at Play

**Feb 12** - Carrying the Light at Home

**Feb 19** - Carrying the Light at School

**Feb 26** - Blessed--a seven-session Lenten study exploring Lenten texts through contemporary art by Jan Richardson

Classes begin promptly at 9:40 AM in the Soundings Room. Contact Lela Seay (979-480-0604, [seayl@sbcglobal.net](mailto:seayl@sbcglobal.net)) for additional information.

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## LIZ'S ST. TIMOTHY'S DAY SERMON

Today we celebrate St. Timothy's Day in honor of our patron saint. But who was St. Timothy? We know from Scripture that Timothy was a young man from Lystra in Asia Minor, which is present day Turkey. He had a Greek father and a Jewish mother, Eunice, who became a Christian. His grandmother, Lois, was also a Christian.



Rembrandt made a beautiful painting of a young, golden-haired Timothy kneeling in prayer, his hands resting on his grandmother's lap, as she looks down at him. Lying on her lap is a closed book and we get the impression Lois has been instructing Timothy in how to pray. This thought is reinforced because Rembrandt has painted Lois in what looks like a choir stall in a cathedral church. And above Lois' head a carved angel looks down on them, a subtle reminder that all such interchanges are divinely inspired and blessed.

When Timothy was a young man he met St. Paul who chose him to become his traveling companion. Two of the letters attributed to Paul's authorship were written to Timothy.

So, we know Timothy was an evangelist, a missionary, who spread the good news of Jesus Christ wherever he went.

When a group of people from St. Paul's, Freeport, decided to start another Episcopal church in Lake Jackson they chose the name Timothy as a way of saying, "We have been sent by St. Paul to do mission in this place."

We owe a great debt of gratitude to those founding fathers and mothers, some of whom still walk among us. Family systems theory tells us that churches, like families, are formed by the character of their patriarchs and matriarchs. I believe our founding parents established St. Timothy's as an expression of their faith in and love for our Lord Jesus Christ. The sense of community we share, the heart we have for formation and outreach to the poor and the beauty of our worship are the legacy of those who took St. Paul's advice to Timothy. They were not afraid, but acted with power, love and self-discipline to found this church. So, if you were here at the beginning, I want to say thank-you on behalf of the many, many people who have benefited from your vision, generosity and perseverance in the faith.

Timothy went on to become a bishop in the early church and tradition tells us that one day he tried to stop some kind of pagan parade. For his efforts he was beaten with sticks, then stoned to death. Sticks and stones, the instruments of his death, became the symbol for St. Timothy. Just as the cross became the symbol for Jesus.

One of the interesting things about St. Timothy's is our size. For the past twenty years this has been a transitional sized parish. What that means is we support the programs and staff of a larger, program size parish with a smaller, pastoral size congregation. I'm not sure why this is a characteristic of St. Timothy's. Were our founders over achievers? Type-A personalities? Maybe. But I suspect it has something to do with being afraid that if we grow we won't be able to know and support each other as effectively. And it's true, in larger parishes people find their friends and support in small groups, rather

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than in the congregation as a whole. But that already happens here. Altar Guild, Brotherhood, Daughters of the King, EYC, Grace Group, Weekday Bible Study, the Choirs – these are just a few of the small groups where friendships and faith deepen. So, we can put that fear aside.

Perhaps there are other fears that keep us from inviting or welcoming others to St. Timothy's – fear of sharing our faith, fear of looking foolish or sounding like a fraud, fear of...you fill in the blank.

But here's something I want you to think about. After Mary Cutshall's funeral (Mary was one of our founding mothers), Andy and I were riding in the hearse to the graveside service and Richard Turner, the funeral director, stunned us with the information that five people in this community committed suicide on Christmas Eve. Most of them were young people in their 20s or 30s. None of them were affiliated with a church.

How can we rest in the blessings of this community when there are those who haven't heard the good news that they, too, are beloved children of God?

So, I exhort you, as Paul exhorted Timothy, to rekindle the gift of God that is within you – the gift of the Holy Spirit – the spirit of power and love and self-discipline; for God does not regret or withdraw his gifts, but they can become ineffective through neglect of them.

We have inherited a gift of mission. I pray we might honor our parents in the faith, and our Lord Jesus Christ by seeking those who seek, and reaching out to those who long to be found. Amen.

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## *Praying for Discernment*

*Let us consider how to stir up one another  
to love and good works, not neglecting to meet  
together...but encouraging one another.*

*Hebrews 10: 24-25 (RSV)*

The entire parish is invited to join with the Daughters of the King in praying for discernment regarding how God might be calling us at St. Timothy's to minister to Young Adults in our community. Many of us were deeply shaken to learn of the recent deaths by suicide of a number of our community's young adults. Over the years we have talked about the need for a ministry to this age group at St. Timothy's and the call to somehow reach out and share Christ's healing love with young adults. We feel that these tragic events in our community call us to discern God's intention for St. Timothy's through vigorous, faithful prayer.

The Rev. Liz Parker will present a program on "**Praying for Discernment**" at the regular monthly meeting of the Daughters of the King on Sunday, February 19, 2012 at 12:10 PM in the Parish Hall. We urge everyone to pray for guidance in this matter. Please join us on the 19th for this opportunity to seek God's will together in prayer.

Contact Lela Seay (979-480-0604, [seayl@sbcglobal.net](mailto:seayl@sbcglobal.net)) for additional information.

*Almighty God, help us to pray so faithfully that we  
may draw near to you and learn your will. Amen*

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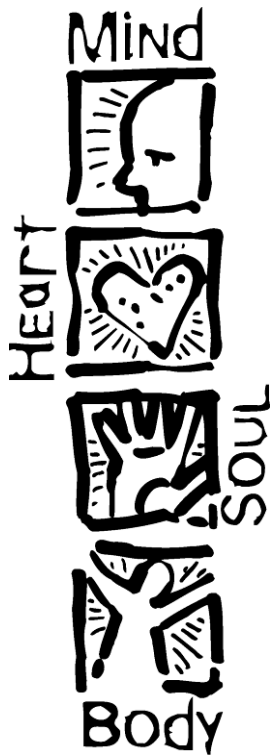
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# STEWARDSHIP OF THE BODY

Anyone who knows me even just a little knows that feeding my body well and exercising are important to me. This is true for a couple of reasons. Long ago I figured out that exercising helps me clear my mind and helps me manage the stress that comes with owning a business and saying yes to too many activities. Another reason is that long ago, in my late 20's, I discovered that my cholesterol was high. Because of the many side effects, managing that with drugs did not seem like a good option. For me, eating well is an option that has helped me manage the cholesterol. Knowing I only have one body, I figured I better learn how to best take care of it.

Over the last four years I have become a Certified Pilates Trainer through Physical Mind Institute, certified in Group Exercise through AFAA and certified as a Personal Trainer through NETA. Clearly this is much more than a hobby for me; it's a mission to help people learn to be healthy.

Nutrition, exercise and general health are lofty subjects. Narrowing my focus for this article was really difficult. I'm focusing on three things this month, and there will be more in the coming months. Note that you must put these suggestions into the context of your own health.



- SET REALISTIC GOALS AND FOCUS ON THE RIGHT THING. Weight loss should be done slowly and sensibly (no more than 2 pounds a week). It should also be put into the context of change of body mass (fat pounds vs. lean body mass). If your goal is to lose 10 pounds, and you lose 3 pounds of lean body mass, that's not a good loss of weight. If you are trying to lose weight, I recommend getting your body fat tested regularly. It's important not to obsess about the number on the scale. If you're losing inches, don't worry about the scale.
- REDUCE FAT AND SODIUM IN YOUR DIET. In general, saturated fats should be less than 10% of calories consumed, and total fat should be 20-35% of calories consumed. This could vary with other health considerations. For me, I focus on the low end of this spectrum. Use salt sparingly. If you don't know how to interpret % of calories from fat on a label, ask me!
- AT A MINIMUM, YOU NEED TO PERFORM A MODERATE ACTIVITY FOR AT LEAST 30 MINUTES, MOST DAYS OF THE WEEK (for most people). In some cases, you may need medical clearance. *As it relates to exercise there is a difference in what is recommended to improve overall health vs. to improve fitness.* The recommendations of the American College of Sports Medicine vary based on the goal, and the type of activity. In all cases, do something you enjoy and that you will easily accommodate into your schedule. To improve cardio fitness and strength, you need more activity. More about that later.

My personal experience is that what I eat plays a much larger role in the way my body looks than I previously thought. It took me 11 months to lose 25 pounds. More importantly, my body composition changed radically. My body fat percentage decreased by 43%. My overall weight loss was only 18% of my beginning weight. That means I lost a LOT more fat than muscle. *This affects my ability to maintain my weight moving forward.* This is an extremely important point that often gets lost in the many, many products and programs out there. I welcome questions or comments – [mandy@cmaaccess.com](mailto:mandy@cmaaccess.com).

Mandy Neal



Renovaré Expressions Conference

## "BECOMING LIKE JESUS"

Emmanuel Episcopal Church in Houston is hosting a one-day conference titled "Becoming Like Jesus." It will take place on Saturday, February 18, 2012, from 9:00 AM to 5:30 PM. This is a Renovaré Expressions Conference featuring Christopher S. Webb, Juanita Campbell Rasmus and Mickey Cox. The purpose of the conference is "to reflect on, renew and refresh your faith. The program offers a balanced vision of Christian grace and practices to invigorate your spiritual life." There is also a program for Youth (ages 4-8th grade) and childcare is offered. Registration is \$75. This promises to be an inspiring event. We hope to have a number of people from St. Timothy's attend. Brochures are available at the M&M table. Contact Lela Seay (979-480-0604, seayl@sbcglobal.net) for additional information.

## Upcoming Events

**Feb 10-11** Diocesan Council, in College Station  
*Friday-Saturday*

**Feb 18** - 9 AM – 5:30 PM Renovaré Essentials Conference *Saturday* at Emmanuel Episcopal Church, Houston

**Feb 21** - 5:30 PM Shrove Tuesday, Pancakes and Jazz

**Feb 22** - Ash Wednesday Holy Eucharist with Imposition of Ashes at Noon and 7:30 PM

*Spring Break ~ March 12-16*

**Feb 29, Mar 7** - Wednesday Lenten Series on Healing and Children's Series  
5:15 PM Lenten supper  
6:00 – 7:00 PM Speaker

## Yesteryears at St. Timothy's



One Sunday after church many years ago, when we still had a pond in the middle of the courtyard, three little girls, Betsy Trautwine, Liz McIlhenny, and Beth Aslakson, were crouched around the pond, using sticks to try to clear the water's surface of fallen leaves. Dee McIlhenny, Liz's Mom, spoke up sharply, "Elizabeth Ann, get away from there!" Simultaneously all three girls hopped up and scurried off. As it happened, each one was named Elizabeth Ann.

Char Aslakson

*(Editor's Note:* Please send us your "yesteryear" memories at St. Timothy's. Surely you have some interesting stories that we would love to hear. Send them to: [newsletter@sttimothy.org](mailto:newsletter@sttimothy.org).)



## Pancake Supper

Please come out and support our active youth ministry by attending the annual pancake supper on Fat Tuesday, February 21<sup>st</sup> at 5:30 PM in the Parish Hall. The money raised at the Pancake Supper helps support our youth's mission work. Not only will you partake in a delicious dinner of pancakes and sausage, served to you by our wonderful youth, but you will also enjoy fellowship with your family and friends in a festive Mardi Gras setting. The Brazowood Jazz Bands have once again graciously agreed to play and really bring the party to life!

Mark your calendars and notify your friends and family as our young people will soon have tickets available for sale. The cost is \$5 for a single ticket or \$12 for a family ticket. You don't want to miss this popular St. Timothy's event. Thank you always for your continued support.

~Kim Lehnhoff  
Youth Ministry Coordinator

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**TREASURER'S REPORT**

**December , 2011 unaudited**

	<b><u>Current period</u></b>	<b><u>YTD</u></b>	<b><u>YTD Budget</u></b>	<b><u>Annual Budget</u></b>
Income	\$39,598.97	\$493,332.34	\$449,573.00	\$449,573.00
Spending	\$33,020.31	\$483,565.35	\$449,184.00	\$449,184.00
Excess Income/Expenses	\$6,578.66	\$9,766.99	\$389.00	\$389.00

YTD Spending Difference                      \$34,381.35      over spent

YTD Income Difference                      \$43,759.34      positive income

**Cash Flow**

Income to date is 109.7% of plan with spending at 107.7% leaving a positive difference of 2.0% We ended the year with a positive \$9,766.99. On the surface this looks good but this reflects three non-recurring special gifts explained below.

Our pledges are \$12,854.51 behind where they should be for the year and our pledges account for most of our income. It is not too late to pay that pledge, just indicate on your check that it is for 2011.

During the year we have had to replace two A/C units that were an extremely large cost. There were some gifts that covered about 2/3<sup>rd</sup> of this cost. This accounts for a large part of the overage on spending shown above. We depleted the Capital Replacement Fund for the remaining 1/3<sup>rd</sup> which creates a problem if we lose another large A/C unit or have other facility problems. Things are tight.

The bottom line is, had there not been a large gift at the end of 2010 plus two large gifts in 2011, we would have had a negative balance and would have ended the year in bad shape. The gifts totaled around \$65,000 and are non-recurring. This means that the budget for 2012 will be lean and will require cuts from the previous year's budget. Raises for clergy and staff can not be given either. This was reported in the annual meeting in January.

**Operating Pledges**

As you know, the Operating Stewardship pledge period has passed. With that said, anyone can pledge at any time during the year so I encourage you to consider turning in a pledge if you have not. The Stewardship pledges account for more than 80% of our income.

**Capital Pledges**

The capital pledge cycle of 2009-2011 is over, but it is not too late to pay on your pledge if you have not paid it. Put 2009-2011 Capital Pledge on the memo line of your check.

The new Capital Pledge cycle is for the 2012-2014 time period. We are actively seeking capital pledges from the parish. Our monthly mortgage is \$5,714.67 and we owe \$694,489.49. We require pledges of \$205,728.12 to pay the minimum amount during this next 3 year pledge cycle or \$68,576.04 per year. This pays the minimum payment. In the past we paid more than the minimum which ultimately reduces the amount of interest we pay, but have not been able to do this for the last one and a half years.

Each of you should have received a capital pledge letter for this new cycle. I encourage you to do what you can. We are a little over half way at this writing.

Bottom line, it costs money to run a church. Like everything else, it requires that we all help and keep our giving current.

Jim Cutshall  
Treasurer

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# FINAL AFFAIRS FAIR

Saturday, March 3, 2012

1:00 PM to 4:30 PM

*"The minister of the congregation is directed to instruct the people, from time to time, about the duty of Christian parents to make prudent provision for the well-being of their families, and of all persons to make wills, while they are in health, arranging for the disposal of their temporal goods, not neglecting, if they are able, to leave bequests to religious and charitable uses." --The Book of Common Prayer, page 445*



Possessions--and how we use them--have a way of defining who we are. Estates and end of life plans reflect our values. Preparing a will and expressing your wishes for your final affairs are acts of love for our families and friends, ways of easing the pain of loss that follows death. It is also our final legacy.

St. Timothy's first **Final Affairs Fair** is organized to offer information about decisions and documents concerning end of life plans from the perspective of Christian stewardship. Topics include

- Writing Your Will
- Estate Planning
- Medical Directives
- Planning Your Funeral and Burial



Guest presenters include Kelly McClendon, Attorney, Mandy Neal, CPA, CFP<sup>®</sup>, and The Rev. Andrew D. Parker, Rector of St. Timothy's.

End of life matters concern us all, so encourage friends to attend with you. Register at the M&M table or by phoning the church office (979-297-6003). Please help us insure sufficient materials for all participants by registering by February 27.

This unique event is co-sponsored by St. Timothy's Stewardship Team and the Daughters of the King. Contact Lela Seay (979-480-0604, [seayl@sbcglobal.net](mailto:seayl@sbcglobal.net)) for additional information.



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## PACK WELL

During Lent, as we focus on Christ's journey to the cross, let's also examine the journey of our lives. The first task when leaving on any adventure is packing. What have you placed in your bag? Are you weighed down with temptations, self-doubt, money worries, relationship troubles? Have you overlooked any important items? Maybe your bag feels too empty for the challenges ahead. Remember to pack mercy, grace and forgiveness.

Thanks to Easter, we know that our journey in Christ continues, even when the road becomes difficult. So as you prepare for Lent, carry with you the hope made possible by Jesus' sacrifice on our behalf.

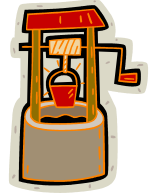
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# GUIDELINES FOR USING THE WELL

(where the work of transformation becomes play)

- The Well is “sacred space” dedicated to the Spirit of community play, through image making and/or visual arts.
- The Well is used to promote community, as well as transformation of the heart through any of the arts. It may be used for any St. Timothy’s sponsored community project with “an artistic bent”.
- Please calendar your use of the room with Sheila Conner at 373-0776 or (preferably) [sheila.conner4@gmail.com](mailto:sheila.conner4@gmail.com).
- No “workshop fee” will be charged, but a “love offering” may be received, with 30% going to The Well. This money will be used to purchase supplies for our room. Art Supplies aren’t cheap, so feel free to leave a little something in the box marked “Love Offering” when you use the room.
- Please observe that there may be things marked with a price or an envelope may be provided with the cost noted; we are on the honor system. Use it.
- Whoever signs up for the room will be responsible for making sure the room is cleaned up after use, that everything is put back in place, and the room is left in order.
- If you use it, please replace it, or clean it and put it back in its place.
- Make cleaning your space up a part of your ritual.



## ZONE OF SILENCE

Not that you can’t visit with one another, but an “attitude” of silence...

“...the “zone of silence” does not only signify that the soul is, fundamentally, at rest, but also, and rather, that there is contact with the heavenly or spiritual world, *which works together with the soul*. [S]He who finds silence in the solitude of concentration without effort, *is never alone*. [S]He never bears the weights that [s]he has to carry; the forces of heaven, the forces from on high, are taking part from now on.”  
(Valentin Tomberg)

~Sheila Conner

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## ***A Report from the Stewardship for the 2012 New Consecration Sunday Campaign***

New Consecration Sunday produced interesting results. Here is an overview of the outcome. If you missed the opportunity to turn in a commitment card, it is not too late to do so. We received a total of 86 pledges for a total of \$370,340. This reflects an average of \$4,306 per pledge. Of the 86 pledges, 18 were new pledges. Some were families who were regular donors in 2011, and several were new donors. Among those were a couple of teenagers. It is very significant to me that we had 18 new people making a commitment to support the mission of St. Timothy’s. That represents 21% of the number of pledges received.

Of the 68 families who pledged in 2011, 61 (or 90% of the continuing pledges) increased their pledge over 2011. There are two things to note about this – one positive and one negative. It’s great that so many increased over the prior year. However, we did lose a few pledges. I’ve given you general information which is all that I have. Only our Treasurer, Jim Cutshall, Tony Janeshek, and our bookkeeper have access to detailed information about the pledges.

It has been a blessing to be part of the team dedicated to stewardship. Members are Kelly McClendon, Ken Box, Sara Eddy, Lela Seay, Tony Janeshek, Jim Cutshall, Char Aslakson, Chris Weis, Alan Essington, Sondra Griner, and Andy Parker. Many more people helped with New Consecration Sunday, including our Bishop Rayford High. I offer thanks to all who helped.

~Mandy Neal

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## Why Our Young People Should Attend Retreats and Camps at Camp Allen

a prayer made by one of St. Timothy's teenagers  
at the Midwinter Retreat 2011 at Camp Allen

Be still my soul. God, this is the prayer for me. In all my anxiety and distraction, quiet my mind so I can focus on you. This morning, when I was praying by the lake, you gave me warmth and you eased my hunger. I felt your presence so fully, Father. When I cried out to you, Jesus: "God from God, light from light, true God from true God," three beautiful blackbirds alighted on the deck, directly in my vision, and I was filled with gladness and my doubts were eased. Good and beautiful God, help me let you into my life fully, help me have a relationship with you. I am knocking, but sometimes I feel like I haven't been answered. Here I am, Lord. Help me to let thoughts that separate us get washed away by the tide. Let me let go of temptations and revel in your goodness and beauty. Thank you, Lord, for my loving family, my friends, my talents, for this soft seat of pine needles upon which I sit. Thank you for this fellowship of people who have gathered in your name. Thank you for the love I feel here and help me share that love with others. Help me love myself and quiet those little voices of doubt or worry or criticism or helplessness. Help me during times of worship to rejoice in your name and focus solely on you. Keep me in the present, and help me defend my mind from distraction or temptation. I am Harry and you are Snape--teach me Occlumency, and keep Voldemort out of my head. I reread this now and I laugh, but it's a fitting metaphor. When I know what is right and what is wrong, help me put aside my selfishness and do what is right. Help me to be an ender of hate and a spreader of your true and righteous love. Help me be adventurous and wild, like you. Help me suppress my hypercritical outlook on my life. Free me from shame and regret. For you are the Lord, my God. You are wondrous in power and mighty in spirit. I have you to thank for everything. Help this not be a brief mountaintop experience. I know that outside this place and this wonderful group of people, it will be MUCH more difficult. But let me sing to you in harshly lit and crowded canyons as I would sing to you here, alone on a summit amidst the clouds. Amen.



*Note: Harry, Snape, Occlumency, Voldemort all refer to the Harry Potter books.*

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### DO YOU KNOW ABOUT "THE TRIANGLE"?

A dear mother tearfully shared how an usher asked her to leave a church service because of her squirmy toddler. But the boy wasn't just having a bad morning; he was born with a genetic disorder called Fragile X, which makes it nearly impossible to sit quietly.

It was nearly a year before that mother attended a church again. Then she found a church with a shepherd program, where trained volunteers help children with special needs participate in worship, Sunday school and church activities.

St. Timothy's has 'THE TRIANGLE.' It provides a safe place for children with special needs and allows parents to attend church services and know their children are being loved and cared for.

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## Green Tips for Lent 2012

from St. Timothy's Green Team

Many of us are opting for paperless billing and electronic payments for our household expenses. Some are utilizing the E-Giving system St. Timothy's provides to make their financial contributions to the church. Most of us make intentional efforts to reduce the amount of paper and paper products we consume in efforts to conserve trees and create less trash.



One of my most treasured spiritual practices is to read special daily meditations during Lent. This year, rather than purchase a paper booklet, I plan to receive my daily meditations in my in-box electronically. Here are two resources:

1. [www.er-d.org](http://www.er-d.org)

Daily Lenten meditations from Episcopal Relief and Development. This devotional will inspire readers to reflect on the role of health and healing in their own lives and in a hurting world. Free

2. [www.macucc.org](http://www.macucc.org)

Massachusetts Conference of United Churches of Christ. From Michael Schut, Officer for Economic and Environmental Affairs for the Episcopal Church: "The Episcopal Church is, along with other denominations, promoting the Carbon Fast. That's right! During Lent, join others in fasting from carbon! Beginning Ash Wednesday and throughout Lent, participants will receive a daily email with the day's suggested carbon-reducing activity. The activities will range from the very simple: unplug electrical devices; to the moderately challenging: reduce your driving speed, ride a bike, carpool or take public transportation; to a few which require a longer term commitment: consider getting involved in a community garden!"

3. Contact Kelly McClendon or Lela Seay if you're interested in exploring the possibility of creating a community garden in St. Timothy's back yard.

Lela Seay

979-480-0604 [seayl@sbcglobal.net](mailto:seayl@sbcglobal.net)

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### HAMMOND EGG QUICHE

(Provided by Fran Hammond – by popular demand)

Use Pillsbury pie crust - (long rectangular box)

In small bowl, beat together:

3 eggs

1 c. half and half

Salt and pepper

Ham – chopped (about 1 cup)

Spinach – thawed and drained (1 box, frozen)

Onions and mushrooms – chopped and sautéed  
in butter – drained (about 1 cup)

1 c. cheddar cheese, grated

1 c. Swiss, grated

Put uncooked pie crust in pie pan. Add ham, vegetables, and cheese. Pour egg/half & half mixture over all. Bake at 375 for 45 minutes - checking -- until the middle of the pie is set.

NOTE: The vegetables and meat can be mixed and matched. Bacon is another good option!

*(This is the recipe for the quiche which was served at our Annual Meeting breakfast on Jan. 22<sup>nd</sup>.)*

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**St. Timothy's Episcopal Church**

**200 Oyster Creek Drive  
Lake Jackson, TX 77566**

**RETURN SERVICE REQUESTED**



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## ***Service Schedule***

### **Sundays**

7:30 AM – Holy Eucharist, Rite I – Quiet and  
in King James English  
8:30 AM – Holy Eucharist, Rite II – Jubilant  
with the Joiful Noyse  
9:40 AM – Christian Formation  
10:45 AM – Holy Eucharist, Rite II – Splendid  
with the Senior Choir and organ  
6:00 PM – Episcopal Youth Community  
(grades 5-12)

### **Wednesdays (W.E.S.T)**

4:15 – 5:00 PM – Children's Choir  
4:15 – 5:00 PM – Mom's Bible Study  
5:00 – 5:30 PM – Centering Prayer Group  
5:15 – 6:00 PM – Parish Supper  
6:00 – 7:00 PM – Joiful Noyse Rehearsal  
6:00 – 7:00 PM – TAEHS Groups  
7:15 – 9:00 PM – Senior Choir Rehearsal

## **OTHER FEBRUARY EVENTS**

**Feb. 21** – Shrove Tuesday, Pancakes and Jazz

**Feb. 22** – 12:00 Noon and 7:30 PM – Ash Wednesday Holy Eucharist with Imposition of Ashes

**Feb. 26** – 8:00 AM – 12:30 PM – Blood Drive

**Feb. 29** – 6:00 – 7:00 PM – Wednesday Lenten Speaker Series begins

