



The Net

The Monthly Newsletter of
St. Andrew's Episcopal Church
Burke, Virginia



RECTOR
THE REV. WILL PACKARD
will@standrews.net

Prayer is responding to God, by thought and by deeds, with or without words... Christian prayer is response to God the Father, through Jesus Christ, in the power of the Holy Spirit. – Book of Common Prayer, p. 856

Dear Friends in Christ,

What does prayer look like to you? Does it look like

- Kneeling by your bed?
- Praying over names in the bulletin?
- Silence in the wilderness?
- Praying a set prayer?
- Listing those concerns of our lives?
- Meditation?
- Reflecting on Scripture?
- Putting away the dishes?

The answer is “yes,” and more. Entering and recognizing our relationship with God through Christ in prayer with the Holy Spirit is central to our Covenant with God. The above quotation comes from the Catechism in our Book of Common Prayer. We notice that prayer consists both of “thoughts” and “deeds.” However, many of us criticize our own prayer practices or are unsure if they are done “right.” Regardless of how one prays, God responds and answers all prayers according to the will of God with which we seek to align our own will.

Prayer often begins in our lives with a wish list. As we deepen our faith formation and our relationship with God, we learn about the other types of prayer, such as those identified in our Catechism including, adoration, praise, thanksgiving, penitence, intercession, oblation, and petition. We can pray each of these ways through many means including doing the dishes and sitting in silence. With such a wide variety of prayer, we may get the sense that it is watered down or ineffective. This is especially true when we do not feel God answered a prayer.

Doubt creeps in when we feel unheard in our prayer. When our cries go out to God and tragedy occurs anyways. How are our prayers heard when we pray for an end to starvation in the world and especially in the crisis in the Middle East? What happened when we prayed for healing and it did not occur? What happens when we feel like King Claudius from Hamlet who says, “my words fly up, my thoughts remain below, words without thoughts never to heaven go.”? Doubt, as our seminarian Anne Alexis has reminded us is “a pillar of faith.” These times are when we need to pray even if we just show up.

All prayer is received and answered, which is difficult to hear. However, our God who “humbled himself to the point of death,” remains present in all prayer. When we engage in our relationship with God, we change and are brought more to the likeness of our God. If you need psychological and biological reasons to pray, you can look at such articles found in the International Science and Research Journal, entitled “The neurobiological link between prayer, breath control and serotonin release.” In short, you are a happier person when you pray. We find our well-being is increased by prayer and we are chemically changed. Spiritually, we are unable to articulate exactly what occurs, but as we enter relationship with God through prayer, we are drawn closer into God’s love. We discover that even our wish list of desires begins to align more with God’s, which is our soul’s true desire and the nature of salvation. Prayer “works!”

For whatever reason you approach prayer, we are called in our Covenant to pray to God and look to the example we have in Christ who always finds time to pray. I look forward to praying with you this weekend and always.

Faithfully yours,

VESTRY NEWS

Worship Services

Wednesday @ 9:30 AM

Saturday @ 6:00 PM

Sunday @ 8:00 & 10:00 AM

Bible Study

Sunday @ 9:00 AM

AA Meetings

Tuesday @ 7:00 PM

Friday @ 8:00 PM

ESOL

Tuesday @ 9:30 AM

Office Hours

Monday 9 - 4

Tuesday 9 - 4

Wednesday 9 - 4

Thursday 9 - 4

Net Submissions

If you have an article for the Monthly Net, please email it to Emily (emily@standrews.net) no later than the 20th of the month. All submissions are subject to approval.



SENIOR WARDEN

JEFF REBA

srwarden@standrews.net

It's hard to believe it is already August, and in just a few short weeks, the kids will be back in school. Summer

seems to have flown by! I hope you've had a chance to relax and enjoy the warm (okay, excruciatingly hot!) sunny days before we transition into the busier rhythm of fall and the start of our new program year.

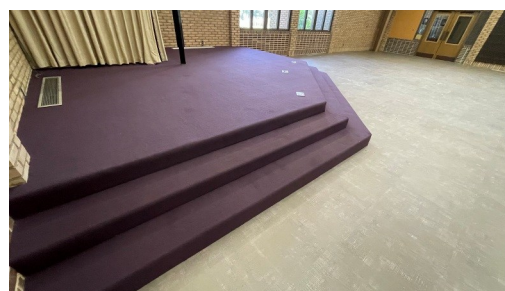
As the new school year approaches, it's time for our Back-to-School drive. The plate offerings from the August 2nd & 3rd services will be donated to the FACETS and ECHO school supply drives. If you're writing a check, please note "Back to School" on the memo line. You can also support the effort by purchasing specific items directly through the FACETS Amazon Wishlist at <http://tiny.cc/facets4schools>.

Vacation Bible School is in full swing this week and we thank Kat Benjamin and Virginia Sertich for organizing a meaningful and joy-filled experience for the kids! This year's theme — True North: Trusting Jesus in a Wild World — helps children navigate life's challenges by pointing them toward Jesus as their guide. What a beautiful and timely message.

As you've read in the Monthly and Weekly Nets, Realm Connect is here. The Vestry is eager to ensure everyone is included in our new parish directory. Look for your invitation email from Realm to join the community. Training sessions are available if you need help getting started. Realm Connect is a great tool for messaging within volunteer groups, viewing schedules, registering for events, and managing pledges and giving all in one place. We encourage you to join us as we build a more connected and vibrant church community.

We also extend our thanks to the Property Resource Commission for collaborating with members of the congregation to select and install new flooring in the Parish Hall. The new flooring provides a durable, easy-to-clean surface that will serve St.

Andrew's well for many years, without the perpetual carpet stains!



It was great seeing everyone who came out for our St. Andrew's Day at the Ballpark! While the home team didn't deliver a win, the beautiful weather, tasty hot dogs, and cold drinks made for a great day of fellowship. Special thanks to Virginia Sertich for organizing the event in memory of her father, Tom Petit, who planned many Nats outings over the years.



Enjoy these final weeks of summer, and may we continue to support one another as we grow together in faith, friendship, and service.

ANNOUNCEMENTS

Formation Renovation Team Update

Kate Lewis | formation@standrews.net

Even though the Summer has brought some slower, more relaxed vibes with travel, pool time, and fun for us and our families, the Renovation Team has been hard at work as well planning for the upcoming Sunday School year. As Renee had shared with you all in June, the Renovation Team is a group of parishioners who meet at least monthly, grounded in prayer and reflection, to work toward the goal of updating our structures, systems, and overall programing to solidify a strong foundation for the Children, Youth, and Families at St. Andrew's.

Here are some of the things we have been working on in the past few months:

Invitations to Serve—Members of our team took the opportunity to reach out to parish members who have served in various roles in Sunday School over the past year to hear more about their experience, to gain feedback and offer an invitation to serve in the coming year. One thing that stood out in talking with teachers was the passion and care they share for working with our kids and the different skills and experiences they bring to these serving roles. Another thing we heard from many people was the joy they experienced in building relationships; both with the youth and with other teachers. Speaking for myself, this is a main reason I got involved in this ministry and what keeps me involved—the opportunity to build meaningful relationships with the kids and with other adult members of our parish. Also, we learned of areas of struggle and things that can get in the way of serving. This feedback has been incredibly valuable as we strive to grow the foundation of this program and make improvements.

One of our goals for the coming year is to widen our circle and to welcome as many new volunteers as we can into service. There are many ways to get involved and to serve in our children, youth and families—with a variety of time and

energy commitments. If you have time or talent to share in this area, we would love to welcome you to join us in serving our young disciples.

Curriculum—As previously mentioned, Michael Tune has done an excellent job of identifying and reviewing the range of curriculum options out there, evaluating them based on the wants and needs of our community, and presenting our team with a paired down list of potential options. In reviewing these, we have made the choice of Bible in Life as new curriculum to use with classes in the coming year.

18-month Calendar—The team has continued to work on developing an 18-month calendar of events to help in the planning and coordinating of events and to ensure a variety of experiences. Once finalized, the goal is to share with all families to increase awareness of, planning for, and communication about events so all families can participate.

Welcome and Communication— Team members have started to work alongside the Welcome commission to review how we have been welcoming new families to St. Andrew's so far and to work together to find new and engaging ways to welcome new families and to help them engage our community. We look forward to using Realm in these efforts as a great tool to help connect us outside of Sunday services and to help build relationships. If you haven't already done so, please accept the Realm Connect invitation in your email and activate your profile and opt in your children into the directory.

Be on the lookout for registration for the upcoming Sunday School year in August. As always, feel free to reach out to any member of our team with questions, ideas, or feedback. We look forward to continuing to use our individual experiences, care and talents to help share God's love with our community here at St. Andrew's.

Prayer List

Bill Hartig
Olivia
Felix
Eddie Fortune
Tony Durso
Don & Marlene Taggart
Eve Albanese
Bishop Shannon Johnston
Elaine Askew
Bill Armour
Claudia Dugan
Wally Morgan
Benn Crandall
Gary Nash
Cathy Withers
Larry Packard
Mike de Cardona

Rich Roerig
D'Arcy
Eric
Kevin Linehan
Dan Dellapenta
James
Ron Mason
Brice P.
Patrick
Samuel
Phillipa
David Humphrey
Doffie Crabb
Ro & Rob Africano
Karen Brannan
Susan Scott
Barbara Klix
Cari Gulley
Jean Gulley
Julie Morgan

Cathy
Patsy High
Bob Turner
Millie Nash
Irma
Carol Payne
Jeff Dutton
Sarah Lillard
Frank Traglia
Laura Sabo
Andie Hardin
Athalee Williams
Jack Williams
Donna Fortune
Mary Richardson
Ellie Davis
Jan Wouters
Pam Mowry
Rick Harra
Paula

Mike Columbus
Dennis Williams
Gene
Rosemary Phillips
Tom & Beth C.
Jim Myhre
Ann Shannon
Jane Hoge
Georgiann McDaniel
Peggy Nordin
John Sandy
Patrick Sandy
Avi Zahedi
Marla Cook
Jane McDonald
Gene Rose
Chris Boyle
Janice Crosby
Cathy Harman
Dave Lewis

Susan Henderson
Russell Mac Nair
Lauren Bidwell
Kit Thompson
Lew Alleman
Laurel Bowdren
Steve Morgan
Pat Maddy
Janet Williams
Glenn Watson
Conrad Grundlehner
Scootie Prior
Adele Horton
Bev Kraker
Elowyn Young

Departed

Dick McIninch (former parishioner)

Bill Huston (cousin of Susan Scott)

ENDOWMENT NEWS

Did you know that permanent endowments are gifts that keep on giving? Since the endowment agreement states that the principal shall never be used and that income is paid out to support a designated (or undesignated) cause through St. Andrew's, then your gift is "forever."

endowment@standrews.net

OUTREACH

News from ECHO

Andrea Hellier | echo@standrews.net

How You Can Help This Summer

Kids are home for the summer and that means that breakfast and lunch meals provided by FCPS, must now be covered by already stretched families. Please consider donating:

- Peanut Butter and Jelly during August.

How Much Food Feeds Your Household?

According to organizations like Feeding America, it takes about 1.2 pounds of food to produce a standard meal for a person. By the end of May, ECHO had distributed an average of 26,233 pounds of food per month during the fiscal year, yielding about 21,861 individual meals. ECHO's Food Volunteers are grateful for every can, bag, and box of non-perishable food, and personal hygiene item that is donated.

ECHO Is Also Hoping For Donations

- Hand towels; bath towels; king- or queen- sized sheets or comforters
- Large pots with lids; large frying pans
- Sneakers for "big kids," sizes 1 - 6
- Children's fall and winter clothing, sizes 4 - 20
- Winter coats for all ages
- NEW athletic socks in all sizes
- Men's sneakers in sizes 7 - 12

Your donations can be brought to St. Andrew's and we will deliver your items to ECHO.

ANNOUNCEMENTS

Designated Plate for August 2nd & 3rd

Paul Foley & Bill Johnson | outreach@standrews.net

This month our designated plate offering is going to FACETS' and ECHO's School Supply Drives. All loose offerings and checks made out St. Andrew's with "school supplies" on the memo will go towards helping these groups. FACETS also has an Amazon wish list if you would like to help out that way (<http://tiny.cc/facets4schools>). All monetary donations are due by Sunday, August 3rd.

Childcare Help

Kate Lewis | formation@standrews.net

We are looking for volunteers to assist in our Pre-K & K class every Sunday this summer from 10:00 to 11:20 a.m. While we have a paid staff member, we need an additional volunteer helper to ensure the safety and well-being of all the children. Teenagers (14+) can earn service hours for their time. If you'd like to volunteer, please sign up here: <http://tiny.cc/babywatch-sum25> (July & August dates).



ANNOUNCEMENTS

Let's Get Connected: Realm Connect is Here!

Sarah Akins & Betsy Cotten | realm@standrews.net



The Realm Roll-Out Team is excited to introduce the next phase of Realm Connect. Right now, we're focusing on getting everyone into the Parish Directory—and by the

end of summer, we hope every member of our community has activated their profile on Realm Connect.

The most important thing is simply this: get started. Church isn't just about Sunday mornings—it's about the relationships and support we build all week long. So let's do this—together.

How to Get Started: First, look for an email from the Realm system inviting you to join our online community. Next, click the link in that email and follow the "Setting Up a User Profile" guide to create your account. Then, sign up for a training session if you get stuck.

App Tip: Some users have found that downloading the Realm Connect app from the App Store or Google Play

makes the process smoother and easier to navigate. If you have questions about how to do that, we encourage you to sign up for a training session—they're friendly, helpful, and designed with all comfort levels in mind. *Note: You must accept your invite to realm before you are able to sign in to the app.*

Why Realm Connect? Realm Connect brings our church life together in one place. It helps you stay updated with your ministries and groups, discover new opportunities to serve and connect, share responsibilities, so no one is stretched too thin, and know who's praying for you—and who you're praying for.

Whether you've been here for decades or only a few months, Realm Connect is here to help you feel more at home. We hope you'll join us in this exciting step forward in how we connect, care, and grow together.

You can sign up for a training session here: <http://tiny.cc/realmconnectreg>.

Coffee Hour Donations

Pam Hardin | fellowship@standrews.net

If you enjoy having goodies with your coffee (or tea) each week, we rely on volunteers to provide these snacks! If you would like to provide some baked goods, crackers, fresh fruit, etc. please sign up here: <http://tiny.cc/3avjzz>.

Shrine Mont Parish Retreat – Registration is Now Open until August 1st

Betsy Cotten | shrinemont@standrews.net

Only a few days left to register for our 2025 retreat to Shrine Mont this Fall! If you have any questions, email Betsy or go to Shrine Mont's website (www.shrinemont.com) for more information.

The retreat is October 24-26th. There is a \$100 deposit for all adults when signing up. All ages welcome!

Register here --> <http://tiny.cc/smretreat2025>



Worship Commission Spotlight: Flower Guild

Lori Foster | worship@standrews.net

The ministry of the Flower Guild is to assist in beautifying our worship space with floral arrangements. We are a group of dedicated volunteers responsible for the arrangement of flowers for weekly worship and other special occasions.

Are you a bit of an artist working with paint, photography, fabric, or interior design? Or do you just love playing with color? The Flower Guild is looking for new members to arrange the altar flowers. No experience arranging flowers is necessary; we will train you, and partner you with an experienced member of the Flower Guild. Arranging is done early on Saturday mornings on a rotating schedule. Interested? Questions? Contact Martha Turner at flowerguild@standrews.net.

Altar Flower Contributions

Lori Foster | worship@standrews.net

Are you interested in making a contribution "in memory of" or "in thanksgiving for" your loved ones? This can be for a birthday, anniversary, a new birth, a memorial, a graduation or any number of meaningful occasions. Your contributions provide flowers, plants and altar adornments necessary for worship services throughout the year.

The altar flowers are not supported by the operating budget of the church, so we rely completely on your generous contributions. The suggested amount is \$25.00 per listing in the service bulletin for a desired Sunday. Names should be received one week prior to the desired Sunday.

You can request altar flowers two different ways: Fill out the Flower Contribution Envelope located in the narthex or on the bulletin board outside the church office, and enclose cash or check. The envelope can be given to an usher or left in the church office.

If you prefer to request and pay for flowers online, you can contribute towards the Flower Guild through Realm: <https://onrealm.org/standrewsVA/give/flowers>. Be sure to use the memo line to say who the flowers are for and the occasion.

UPCOMING EVENTS

AUGUST 15, 2025

Men's Fellowship: Coffee to Go or Stay!

Darren Williams | mensfellowship@standrews.net

Please stop by the West Springfield Panera (Rolling Rd and Old Keene Mill Rd) on your way to work, or stay and have coffee and a bagel. Be it 5 minutes or an hour, we'd love to see you for some fellowship on **Friday, August 15th**, between 7:30 and 8:30 a.m.!

AUGUST 17, 2025

Blessing of the Backpack

The Rev. Maria Maguire | maria@standrews.net

We have our Blessing of the Backpacks scheduled for **Sunday, August 17th** during the 10:00 a.m. service. Bring your backpack, tote bag, laptop case, wheelie bag, or whatever you take to school/work so you can get them blessed. We will also have a little token you can take with you to have for the school year.

AUGUST 24, 2025

Farewell Celebration for Dj

We will be celebrating Dj's year-long interim role with us on **Sunday, August 24th**, following the 10:00 a.m. service. Dj has done an outstanding job keeping our music program vibrant and full of joy as we searched for a permanent music director. More details on how you can contribute will be shared soon.

LECTIONARY READINGS

(www.lectionarypage.net)

AUGUST 3, 2025

8th Sunday after Pentecost

Ecclesiastes 1:2, 12-14; 2:18-23

Psalms 49:1-11

Colossians 3:1-11

Luke 12:13-21

AUGUST 10, 2025

9th Sunday after Pentecost

Genesis 15:1-6

Psalms 33:12-22

Hebrews 11:1-3, 8-16

Luke 12:32-40

AUGUST 17, 2025

10th Sunday after Pentecost

Jeremiah 23:23-29

Psalms 82

Hebrews 11:29-12:2

Luke 12:49-56

AUGUST 24, 2025

11th Sunday after Pentecost

Isaiah 58:9b-14

Psalms 103:1-8

Hebrews 12:18-29

Luke 13:10-17

AUGUST 31, 2025

12th Sunday after Pentecost

Sirach 10:12-18

Psalms 112

Hebrews 13:1-8, 15-16

Luke 14:1, 7-14

AUGUST BIRTHDAYS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Claudette Sterling Charlotte Benitez	4 Dwayne Eckman	5 Chris Kohn	6 Simone Reba	7	8	9 Jewell Gould Valerie Chrosniak Eloise Stinger
10 Kat Benjamin	11 Isaac Vopelak Sydney Mattalino	12	13	14 Diana White	15 Jane Girondo	16 Wesley Keithline
17	18 FCPS BEGIN Jack Koerner 	19 Piper Benjamin	20 Mary Anne Haskins	21 Henry Koerner Sean Groves	22 Martha Turner Nicki Jones Emma Packard	23
24 Sandy Kirkpatrick	25	26	27 Emmy Cotten	28 Sue Emert	29 Rob Kugler Marietta Mason	30 Mark Foster Audra Jones Michael Rollo
31 Annette Hales						

Don't see your name on your birthday? Let us know!
Contact Emily (emily@standrews.net) and we'll get you added to the list.

DIRECTORY

Clergy & Staff

The Rev. William L. Packard | Rector
will@standrews.net

The Rev. Maria Maguire | Associate Rector
maria@standrews.net

The Rev. Susie Harding | Deacon
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Michelle Ramsdell | Parish Administrator
michelle@standrews.net

Emily Nein | Communications Director
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Dj Cortés-Gunning | Interim Director of Music
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Tami Phillips | Preschool Director
preschool@standrews.net

Carlos Guzman | Sexton
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2025 Vestry

Jeff Reba | Senior Warden
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Anne Brannam | Junior Warden
jrwarden@standrews.net

Laura Sabo | Register
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Karen Spencer | Welcome
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Lori Foster | Worship
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