



ST. TIMOTHY'S EPISCOPAL
EST. HERNDON, VA • 1868

432 Van Buren Street
Herndon, VA 20170
p: 703-437-3790
www.saint-timothys.org

Sunday, January 29, 2023

Fourth Sunday after the Epiphany

8 a.m.



'... who humbles himself will be exalted.' - "... el que se humilla, será engrandecido." / Art by: eldiario.com.co

Weekly Services:

Sunday, 8:00 a.m.

Holy Eucharist Rite I, spoken

Sunday, 10:00 a.m.

Holy Eucharist Rite II with Choir (Godly Play for ages 3–9 in Rm. B-1)

Sábado, 7:00 p.m.

Santa Eucaristía Rito II, en español

Saint Timothy's Mission Statement

**SAINT TIMOTHY'S MISSION IS TO RESTORE ALL PEOPLE
TO UNITY WITH GOD AND EACH OTHER IN CHRIST.**

Information For Our First-Time Guests

We invite you to fill out a Welcome Card in the pew rack in front of you or on the podium in the Narthex. Please place the completed card in the offertory plate or give it to an usher.

Children are welcome to stay with parents in the Sanctuary. For your convenience, there are also rocking chairs located at the back of the sanctuary to soothe little ones and worship bags with quiet activities in the Narthex.

We invite you to share in Holy Communion. To receive, come forward and kneel/stand at an open space on the altar rail. Both bread and wine will be offered (or a rice wafer/separate chalice for those allergic to wheat/ gluten intolerant). If you do not wish to receive communion, we invite you to come forward for a blessing. Please indicate that by placing your arms across your chest.

Staff

Church office hours are 9:00 AM to 3:00 PM Monday through Friday.

The Rev. Charles R. Cowherd, Priest-in-Charge (x12)

priest@saint-timothys.org

The Rev. Franklin Morales, Spanish Service Priest

latinoministry@saint-timothys.org

Deb Angerman, Bookkeeper (x13)

bookkeeper@saint-timothys.org

Julio Cuellar, Latino Service Musician

juliocuellarmusic@yahoo.com

Todd Grivetti, Organist/Choirmaster (x16)

music@saint-timothys.org

Allyson Showalter, Preschool Director (x14)

sttimothypreschool432@gmail.com

Debbie Stolar, Parish Administrator (x10)

office@saint-timothys.org

Vestry

Sr. Warden - Maria LaWalt (2025)

Jr. Warden – Kristie Rudolph (2025)

Betsy Bosworth (2025)

Tom Davis (2024)

David Dopsovic (2024)

Carolyn Hamm (2025)

Vilma Lemus (2026)

Matt Schumann - Alternate

Paige Williamson (2024)

Rick Wilson – Alternate

Midori Yanagihara (2026)

Trustees

Tom McLenigan

Keith Sinclair

Deke Smith

HOLY EUCHARIST- RITE I

The Word of God

At the tolling of the bell, please stand.

Opening Acclamation and Collect for Purity (BCP 323)

Celebrant: Blessed be God: Father, Son, and Holy Spirit

People: And blessed be his kingdom, now and forever. Amen.

Celebrant: Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. **Amen.**

Kyrie (BCP 324)

Celebrant: Lord, have mercy upon us.

People: Christ, have mercy upon us.

Celebrant: Lord, have mercy upon us.

The Collect for the Day (BCP 164)

Celebrant: The Lord be with you.

People: And with thy spirit.

Celebrant: Almighty and everlasting God, who dost govern all things in heaven and earth: Mercifully hear the supplications of thy people, and in our time grant us thy peace; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. **Amen.**

The Lessons

A Reading from Micah 6:1-8

Hear what the LORD says: Rise, plead your case before the mountains, and let the hills hear your voice. Hear, you mountains, the controversy of the LORD, and you enduring foundations of the earth; for the LORD has a controversy with his people, and he will contend with Israel. "O my people, what have I done to you? In what have I wearied you? Answer me! For I brought you up from the land of Egypt, and redeemed you from the house of slavery; and I sent before you Moses, Aaron, and Miriam. O my people, remember now what King Balak of Moab devised, what Balaam son of Beor answered him, and what happened from Shittim to Gilgal, that you may know the saving acts of the LORD." "With what shall I come before the LORD, and bow myself before God on high? Shall I come before him with burnt-offerings, with calves a year old? Will the LORD be pleased with thousands of rams, with tens of thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?"

He has told you, O mortal, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 15 (Read responsively)

1 LORD, who may dwell in your tabernacle? *

who may abide upon your holy hill?

2 Whoever leads a blameless life and does what is right, *

who speaks the truth from his heart.

3 There is no guile upon his tongue;

he does no evil to his friend; *

he does not heap contempt upon his neighbor.

4 In his sight the wicked is rejected, *

but he honors those who fear the LORD.

5 He has sworn to do no wrong *

and does not take back his word.

6 He does not give his money in hope of gain, *

nor does he take a bribe against the innocent.

7 Whoever does these things *

shall never be overthrown.

A Reading from 1 Corinthians 1:18-31

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart." Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength. Consider your own call, brothers and sisters: not many of you were wise by human standards, not many were powerful, not many were of noble birth. But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to

shame the strong; God chose what is low and despised in the world, things that are not, to reduce to nothing things that are, so that no one might boast in the presence of God. He is the source of your life in Christ Jesus, who became for us wisdom from God, and righteousness and sanctification and redemption, in order that, as it is written, "Let the one who boasts, boast in the Lord."

Reader: The Word of the Lord.

People: **Thanks be to God.**

Please stand.

Holy Gospel: Matthew 5:1-12

Celebrant: The Holy Gospel of our Lord Jesus Christ according to Matthew.

People: **Glory to you, Lord Christ.**

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. "Blessed are those who mourn, for they will be comforted. "Blessed are the meek, for they will inherit the earth. "Blessed are those who hunger and thirst for righteousness, for they will be filled. "Blessed are the merciful, for they will receive mercy. "Blessed are the pure in heart, for they will see God. "Blessed are the peacemakers, for they will be called children of God. "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. "Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you."

Celebrant: The Gospel of the Lord.

People: **Praise be to thee, Lord Christ.**

Please be seated.

Sermon

The Rev. Charles R. Cowherd

Please stand.

The Nicene Creed (BCP 326)

People: **We believe in one God,
the Father Almighty,
maker of heaven and earth,
of all that is, seen and unseen.
We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,**

God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father;
Through him all things were made.

For us and for our salvation he came down from heaven:
by the power of the Holy Spirit he became incarnate from the Virgin Mary,
and was made man;

For our sake he was crucified under Pontius Pilate;
he suffered death and was buried;

On the third day he rose again in accordance with the Scriptures;
he ascended into heaven and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son;
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead, and the life of the world to come. Amen.

Please stand, or kneel, as you are able.

The Prayers of the People (BCP 328)

Leader: Let us pray for the whole state of Christ's Church and the world.

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all men: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love. **Amen.**

Give grace, O heavenly Father, to all bishops and other ministers, especially to Michael, Mark, and Charles, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments. **Amen.**

And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life. **Amen.**

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, especially Joe our president, Glenn our governor, and Sheila our mayor, that they may be led to wise decisions and right actions for the welfare and peace of the world. **Amen.**

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty. **Amen.**

And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity. **Amen.**

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of Timothy and all thy saints, that with them we may be partakers of thy heavenly kingdom. **Amen.**

Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. **Amen.**

Confession of Sin (BCP 331)

Celebrant: Let us humbly confess our sins unto Almighty God:

**People: Most merciful God,
we confess that we have sinned against thee
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved thee with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of thy Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in thy will,
and walk in thy way,
to the glory of thy Name. Amen.**

Absolution (BCP 332)

Celebrant: Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

Celebrant: God so loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life. *(John 3:16)*

Please stand

The Peace (BCP 332)

Celebrant: The peace of the Lord be always with you.

People: **And with thy spirit.**

Welcome & Announcements

The Offering

The Holy Communion

The Great Thanksgiving (Prayer II, BCP 340)

Celebrant: The Lord be with you.

People: **And with thy spirit.**

Celebrant: Lift up your hearts.

People: **We lift them unto the Lord.**

Celebrant: Let us give thanks unto our Lord God.

People: **It is meet and right so to do.**

Celebrant: It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Because in the mystery of the Word made flesh, thou hast caused a new light to shine in our hearts, to give the knowledge of thy glory in the face of thy Son Jesus Christ our Lord. Therefore, with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

The Sanctus (BCP 334)

All: **Holy, holy, holy, Lord God of Hosts:
Heaven and earth are full of thy glory.**

Glory be to thee, O Lord Most High.

Blessed is he that cometh in the name of the Lord.

Hosanna in the highest.

Stand or kneel, as you are able.

All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again. For in the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do

this in remembrance of me."

Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.

And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly-beloved Son Jesus Christ.

And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord; By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

And now, as our Savior Christ hath taught us, we are bold to say,

All: Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

The Fraction (BCP 337)

Celebrant: Alleluia. Christ our Passover is sacrificed for us.

People: **Therefore let us keep the feast. Alleluia.**

The Invitation (BCP 338)

Celebrant: The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

Administration of Communion

Post-Communion Prayer (BCP 339)

Celebrant: Let us pray.

All: Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious **Body and Blood** of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honor and glory, world without end. Amen.

The Blessing

Celebrant: May the Sun of Righteousness shine upon you and scatter the darkness from before your path; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**

Please stand.

Dismissal (BCP 340)

Celebrant: Let us go forth in the name of Christ.

People: **Thanks be to God.**

PRAYER LIST:

(Please email careteam@saint-timothys.org with any prayer concerns.)

Rest of the Soul: Robert Weeden (father of Joe Weeden), Muriel Turner

Health: Pauline, Liz W., Lourdes Valles, Brenda Weeden (mother of Joe Weeden), Peter Hwochinsky (back surgery)

Long Term: Sid, Maryanne, Chris W., Donna W., Chris, Chuck and Peggy, Christine Y., Sarah (recovering from brain surgery), Brad Rundlett, Catherine Hutcheon (Long Covid), David & Mabel Tettyfio (stroke, arthritis), Brian Law

THIS WEEK at ST. TIMOTHY'S

Sunday, January 29

- 8:00 AM Rite I Holy Eucharist - Sanctuary
- 9:15 AM Adult Choir Warm-up - Music Room
- 10:00 AM Rite II Holy Eucharist - Sanctuary/Livestream
- 7:30 PM Serenity Seekers AA - Virtual

Monday, January 30

- 12:15 PM Monday Gratitude AA
- 4:00 PM DanceWorx - Narthex
- 6:30 PM Boy Scout Troop 159
- 7:00 PM Hope For Today
- 8:30 PM Monday Night Milkshake Group AA

Tuesday, January 31

- 4:00 PM DanceWorx

Wednesday, February 1

- 1:00 PM Shawl Ministry – Narthex
- 4:00 PM Community Engagement - Kitchen
- 4:00 PM DanceWorx
- 7:30 PM Latino Ministry Prayer - Offsite
- 7:30 PM SA Meeting
- 8:00 PM New Hopefuls AA

Thursday, February 2

- 12:15 PM Came to Believe AA
- 7:00 PM Choir Rehearsal - Music Room
- 7:00 PM Debtors Anonymous

Friday, February 3

- 10:00 AM Friday Gratitude AA
- 9:30 PM Friday Night Lights AA

Saturday, February 4

- 9:00 AM Altar Guild Set-Up - Sanctuary
- 7:00 PM Rite II Santa Eucaristía - Sanctuary

GIVING STATEMENTS 2022

The 2022 giving statements will be available for pickup today in the Narthex. Those not picked up will be mailed by January 31st. If you have any questions, please contact office@saint-timothys.org.

GUEST PREACHER - The Rev. Dr. Mark Jefferson, Sunday Feb. 5, 2023

St. Timothy's is excited to welcome the Rev. Dr. Mark Jefferson, Assistant Professor of Homiletics at Virginia Theological Seminary (VTS), as our guest preacher on **Sunday, February 5th, for both our 8 and 10 AM services**. VTS is honoring its 200th anniversary on October 15, 2023, and in contribution to this effort, Dr. Jefferson is currently preaching 200 sermons locally, nationally, and internationally in the years leading up to the Historic Bicentenary.

Please come to hear an inspiring and wise word from Dr. Jefferson from the pulpit and get a chance to meet and ask him questions during a special **Sunday Adult Forum** at 9 AM in between the services in the Sanctuary.

MURIEL TURNER FUNERAL – FEBRUARY 11 AT 11 AM

The funeral service for Muriel Turner will be held at St. Timothy's Episcopal Church on Saturday February 11, 2023 at 11 am. A reception will follow in Henry Hall. A complete obituary can be found on the Adams-Green Funeral Home website.

Interment at Arlington Cemetery next to her husband will be held at a later date.

Please keep the Turner family in your prayers at this time.

ALTAR FLOWERS

Are you interested in celebrating an occasion (birthday/anniversary) or remembering a loved one? Consider donating flowers for the altar! The upcoming dates available are for February 5, and then every Sunday starting again on April 16, after the season of Lent.

RED CROSS BLOOD DRIVE – FEBRUARY 8

Sign up to donate blood the next American Red Cross blood drive at St. Timothy's, Wednesday February 8 from 10 AM to 3:30 PM, in Henry Hall. Schedule a donation at redcrossblood.org.

THE CLOSET – ST. TIMOTHY'S VOLUNTEER DAYS

St. Timothy's supports The Closet of Greater Herndon (845 Station Street, Herndon) by providing volunteers once a month for 3 hours. Our upcoming volunteer dates are: **Saturday, February 4**, and **Saturday March 4**. If you would like to volunteer, please reach out to Holly Hartge at 703-785-8797 or email her at mhhvirginia@verizon.net.

PINE RIDGE 2023 SERVICE TRIP – MAY 20 - 27

Cost per person: \$1,245.00. This fee covers the flight, local transportation, food, accommodations, and materials. A non-refundable deposit of \$850.00 is due by March 4th. Payment in full is due by April 21, 2023. **Must be 18 years or older.**

RSVP deadline: March 4, 2023. Prior to the trip you will need to complete a health outline. If you have any questions, please contact Ralph Tildon at rtildon1@verizon.net.

YOUTH SERVICE MISSION TRIP OPPORTUNITY to DUNGANNON

The North Fairfax Region is sponsoring “An Appalachia Service Trip for High School Students, College Students and Young Adults Service through Construction, Teaching, and Scientific Research.”

The dates are July 8 to 15, 2023 and participants will travel by car to St. Paul, VA located in the Appalachian Mountains in southwestern Virginia and stay in housing offered by the Diocese of Southwest Virginia. The mission gives an opportunity to volunteer for building/home repair projects, teaching elementary school students in the community, or scientific research at Estanoa Wetlands Learning Center. Adult Chaperones are required for all youth. More information with costs, etc. can be found on the “Moving Mountains Mission” webpage: www.m3trips.com

Questions, contact trip organizer Clifton Poole from St. Anne's Reston at pooleone@gmail.com.