

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

Sunday, February 26, 2023

First Sunday of Lent

10:00 a.m.



Weekly Services:

Sunday, 8:00 a.m. Sunday, 10:00 a.m. Sábado, 7:00 p.m. Holy Eucharist Rite I, spoken

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

Santa Eucaristía Rito II, en español

Staff

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

The Rev. Charles R. Cowherd, Priest-in-Charge (x12)
The Rev. Franklin Morales, Latino Service Priest
Deb Angerman, Bookkeeper (x13)
Julio Cuellar, Latino Service Musician
Todd Grivetti, Organist/Choirmaster (x16)
Allyson Showalter, Preschool Director (x14)
Debbie Stolar, Parish Administrator (x10)

priest@saint-timothys.org latinoministry@saint-timothys.org bookkeeper@saint-timothys.org juliocuellarmusic@yahoo.com music@saint-timothys.org sttimothyspreschool432@gmail.com office@saint-timothys.org

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 or they may head downstairs for Godly Play after the reading of the Collect. 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.

HOLY EUCHARIST The Word of God

PreludeIt Is Well with My Soul

Arr. Suzanne Arant

At the tolling of the bell, all stand.

Opening Acclamation and Collect for Purity (BCP 323)

Celebrant: Bless the Lord who forgiveth all our sins.

People: His mercy endureth for ever. 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.** (Children may head downstairs after this reading.)

The Great Litany ~ Sung (BCP 148)



Litanist: O God the Father, Creator of heaven and earth,

People: Have mercy upon us.

Litanist: O God the Son, Redeemer of the world,

People: Have mercy upon us.

Litanist: O God the Holy Ghost, Sanctifier of the faithful,

People: Have mercy upon us.

Litanist: O holy, blessed, and glorious Trinity, one God,

People: Have mercy upon us.



Litanist: Remember not, Lord Christ, our offenses, nor the offenses of our forefathers;

neither reward us according to our sins. Spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood, and by thy mercy preserve

us for ever.

People: Spare us, good Lord.

Sung nine times (cue: From all evil and wickedness ...)



Litanist: From all evil and wickedness; from sin; from the crafts and assaults of the devil; and

from everlasting damnation,

People: Good Lord, deliver us.

Litanist: From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred

and malice; and from all want of charity,

People: Good Lord, deliver us.

Litanist: From all inordinate and sinful affections; and from all the deceits of the world, the

flesh, and the devil,

People: Good Lord, deliver us.

Litanist: From all false doctrine, heresy, and schism; from hardness of heart, and contempt

of thy Word and commandment,

People: Good Lord, deliver us.

Litanist: From lightning and tempest; from earthquake, fire, and flood; from plague,

pestilence, and famine,

People: Good Lord, deliver us.

Litanist: From all oppression, conspiracy, and rebellion; from violence, battle, and murder;

and from dying suddenly and unprepared,

People: Good Lord, deliver us.

Litanist: By the mystery of the holy Incarnation; by the holy Nativity and submission to the

Law; by thy Baptism, Fasting, and Temptation,

People: Good Lord, deliver us.

Litanist: By thine Agony and Bloody Sweat; by thy Cross and Passion; by thy precious Death

and Burial; by thy glorious Resurrection and Ascension; and by the Coming of the

Holy Ghost,

People: Good Lord, deliver us.

Litanist: In all time of our tribulation; in all time of our prosperity; in the hour of death, and

in the day of judgement,

People: Good Lord, deliver us.

Sung twenty-two times (cue: We sinners do beseech thee to hear us ...)



Litanist: We sinners do beseech thee to hear us, O Lord God; and that it may please thee to

rule and govern the holy Church Universal in the right way,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to illumine all bishops, priests, and deacons, with true

knowledge and understanding of thy Word; and that both by their preaching and

living, they may set it forth, and show it accordingly,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to bless and keep all thy people,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to send forth laborers into thy harvest, and to draw all

mankind into thy kingdom,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to give to all people increase of grace to hear and receive thy

Word, and to bring forth the fruits of the Spirit,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to bring into the way of truth all such as have erred, and are

deceived,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to give us a heart to love and fear thee, and diligently to live

after thy commandments,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee so to rule the hearts of thy servants, the President of the

United States, and all others in authority, that they may do justice and love mercy,

and walk in the ways of truth,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to make wars to cease in all the world; to give to all nations

unity, peace, and concord; and to bestow freedom upon all peoples,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to show thy pity upon all prisoners and captives, the

homeless and the hungry, and all who are desolate and oppressed,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to give and preserve to our use the bountiful fruits of the

earth, so that in due time all may enjoy them,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to inspire us, in our several callings, to do the work which

thou givest us to do with singleness of heart as thy servants, and for the

common good.

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to preserve all who are in danger by reason of their labor

or their travel,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to preserve, and provide for, all women in childbirth, young

children and orphans, the widowed, and all whose homes are broken or torn by

strife,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to visit the lonely; to strengthen all who suffer in mind,

body, and spirit; and to comfort with thy presence those who are failing and infirm,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to support, help, and comfort all who are in danger,

necessity, and tribulation,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to have mercy upon all mankind,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to give us true repentance; to forgive us all our sins,

negligences, and ignorances; and to endue us with the grace of thy Holy Spirit to

amend our lives according to thy holy Word,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to forgive our enemies, persecutors, and slanderers, and to

turn their hearts,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to strengthen such as do stand; to comfort and help the

weak-hearted; to raise up those who fall; and finally to beat down Satan under our

feet,

People: We beseech thee to hear us, good Lord.

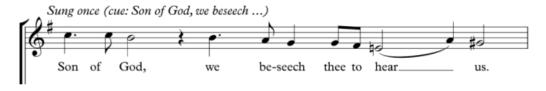
Litanist: That it may please thee to grant to all the faithful departed eternal life and peace,

People: We beseech thee to hear us, good Lord.

Litanist: That it may please thee to grant that, in the fellowship of all the saints, we may

attain to thy heavenly kingdom,

People: We beseech thee to hear us, good Lord.



Litanist: Son of God, we beseech thee to hear us,

People: Son of God, we beseech thee to hear us.



Litanist: O Lamb of God, that takest away the sins of the world,

People: Have mercy upon us.

Litanist: O Lamb of God, that takest away the sins of the world,

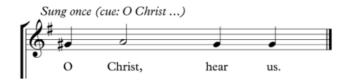
People: Have mercy upon us.

Sung once (cue: third repetion of O Lamb of God ...)



Litanist: O Lamb of God, that takest away the sins of the world,

People: Have mercy upon us.



Litanist: O Christ, hear us. **People: O Christ, hear us.**

Kyrie (S89)

Kyrie eleison

James McGregor

The Collect for the Day (BCP 166)

Celebrant: The Lord be with you. **People:** And with thy spirit.

Celebrant: Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. **Amen.**

Please be seated.

The Lessons

A Reading from Genesis 2:15-17, 3:1-7

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die." Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die." But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Reader: The Word of the Lord. **People:** Thanks be to God.

Psalm 103:8-14 Old 124th

Antiphon: Choir first, then congregation.



Hap-py are_they whose transgres-sions are for - giv-en and whose sin__ is__ put a - way

Verses sung by the choir:

- 8 The LORD is full of compassion and mercy, * slow to anger and of great kindness.
- 9 He will not always accuse us, * nor will he keep his anger for ever.
- 10 He has not dealt with us according to our sins, * nor rewarded us according to our wickedness. [Congregation sings the Antiphon]
- 11 For as the heavens are high above the earth, * so is his mercy great upon those who fear him.
- 12 As far as the east is from the west, * so far has he removed our sins from us. **[Ant.]**

13 As a father cares for his children, * so does the LORD care for those who fear him.

14 For he himself knows whereof we are made; * he remembers that we are but dust. **[Ant.]**

A Reading from Romans 5:12-19

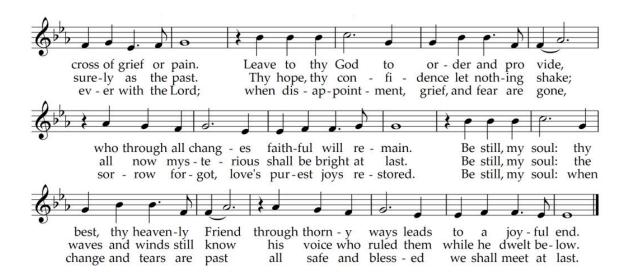
As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned—sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Reader: The Word of the Lord.

People: Thanks be to God.

Please stand.





Please stand.

Holy Gospel: Matthew 4:1-11

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

People: Glory be to thee, O Lord.

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God." Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone." Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test." Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him." Then the devil left him, and suddenly angels came and waited on him.

Reader: The Gospel of the Lord.

People: Praise be to thee, O Christ.

Please be seated.

Please stand as you are able.

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

The Peace (BCP 332)

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

People: And with thy spirit.

Please be seated.

Welcome & Announcements Offertory Sentence The Offering

The Holy Communion

Choral Anthem

Jesus Walked This Lonesome Valley

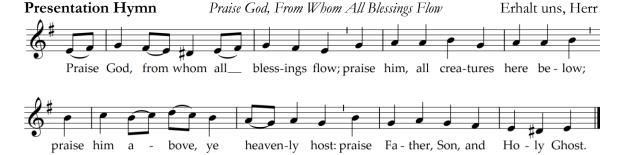
Traditional American

Jesus walked this lonesome valley; He had to walk it by himself. Oh, nobody else could walk it for him; He had to walk it by himself.

We must walk this lonesome valley; We have to walk it by ourselves. Oh, nobody else can walk it for us; We have to walk it by ourselves.

You must go and stand your trial; You have to stand it by yourself. Oh, nobody else can stand it for you; You have to stand it by yourself.

Please stand as you are able.



The Great Thanksgiving (Prayer I, BCP 333)

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. Through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again. Therefore, with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

Sanctus (S117) Holy, Holy, Holy Lord James McGregor

Please stand or kneel, as you are able.

Celebrant: 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 Eather, we thy people do celebrate and make, with these thy hole.

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, 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,

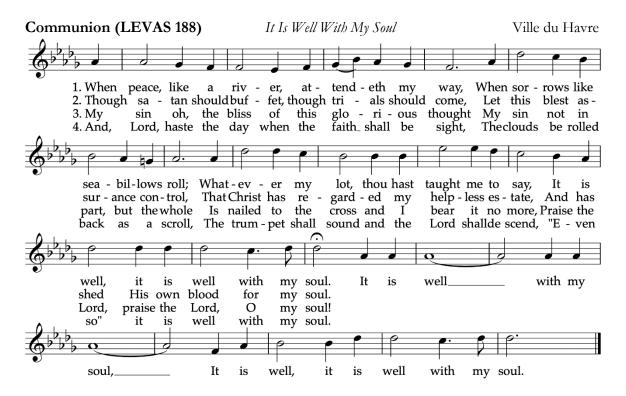
All: Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine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

The Fraction (\$169)

My Flesh is Food Indeed

Ray W. Urwin

The Administration of Communion



Please stand.

Postcommunion 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: Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind; through Christ our Lord. **Amen.**

Closing Hymn (610)

The Glory of These Forty Days

Erhalt uns, Herr

Please stand.

Dismissal (BCP 340)

Celebrant: Go in peace to love and serve the Lord.

People: Thanks be to God.

Postlude

Prelude & Fugue in A Minor

J. S. Bach

PRAYER LIST:

(Please email <u>careteam@saint-timothys.org</u> with any prayer concerns.)

Repose of the Soul: Robert Maley (brother of Rose Berberich), Robert Mendenhall (cousin of Bob Kimmel), Jody Pennington

Health: Pauline, Liz W., Lourdes Valles, Brenda Weeden (mother of Joe Weeden), Peter Hwochinsky (back surgery), Desmond Quaye, Leonard Johnson (Covid), Caroline Arlington (stroke), James Thomas, Randy Scrapper

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

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

THIS WEEK at ST. TIMOTHY'S

Sunday, February 26

8:00 AM Rite I Holy Eucharist - Sanctuary

9:00 AM Lenten Adult Forum - 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, February 27

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, February 28

4:00 PM DanceWorx

7:00 PM Vestry Meeting - Narthex

Wednesday, March 1

12:00 PM Wednesday Eucharist - Sanctuary

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, March 2

12:15 PM Came to Believe AA

7:00 PM Choir Rehearsal - Music Room

7:00 PM Debtors Anonymous

Friday, March 3

10:00 AM Friday Gratitude AA

9:30 PM Friday Night Lights AA

Saturday, March 4

9:00 AM Altar Guild Set-Up - Sanctuary

7:00 PM Rite II Santa Eucaristía - Sanctuary