



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

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

Sunday, February 5, 2023

Fifth Sunday after the Epiphany

10 a.m.



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

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

juliocuellarusic@yahoo.com

music@saint-timothys.org

sttimothypreschool432@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

Prelude

Gather Us In

arr. John Behnke

At the tolling of the bell, all stand.

Opening Hymn (381)

Thy Strong Word Did Cleave the Darkness

Ton-y-Botel

Opening Acclamations (BCP 355)

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

People: And blessed be his Kingdom, now and for ever. Amen.

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

Gloria (S278)

Glory to God

Mathias

The Collect for the Day (BCP 216) – *Children may head downstairs after this reading.*

Celebrant: The Lord be with you.

People: And also with you.

Celebrant: Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

The Lessons

A Reading from Isaiah 58:1-12

Shout out, do not hold back! Lift up your voice like a trumpet! Announce to my people their rebellion, to the house of Jacob their sins. Yet day after day they seek me and delight to know my ways, as if they were a nation that practiced righteousness and did not forsake the ordinance of their God; they ask of me righteous judgments, they delight to draw near to God. “Why do we fast, but you do not see? Why humble ourselves, but you do not notice?” Look, you serve your own interest on your fast day, and oppress all your workers. Look, you fast only to quarrel and to fight and to strike with a wicked fist. Such fasting as you do today will not make your voice heard on high. Is such the fast that I choose, a day to humble oneself? Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a day acceptable to the LORD? Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the LORD shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am. If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. The LORD will guide you continually, and satisfy your needs in parched places, and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters never fail. Your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to live in.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 112:1-10

Jerome Webster Meachen

Move to the next note of the chant on the underlined text.



1 Hallelujah!

Happy are they who fear the Lord *
and have great delight in his commandments!

- 2 Their descendants will be mighty in the land; *
the generation of the upright will be blessed.
- 3 Wealth and riches will be in their house, *
and their righteousness will last for ever.
- 4 Light shines in the darkness for the upright; *
the righteous are merciful and full of compassion.
- 5 It is good for them to be generous in lending *
and to manage their affairs with justice.
- 6 For they will never be shaken; *
the righteous will be kept in everlasting remembrance.
- 7 They will not be afraid of any evil rumors; *
their heart is right;
they put their trust in the Lord.
- 8 Their heart is established and will not shrink, *
until they see their desire upon their enemies.
- 9 They have given freely to the poor, *
and their righteousness stands fast for ever;
they will hold up their head with honor.
- 10 The wicked will see it and be angry;
they will gnash their teeth and pine away; *
the desires of the wicked will perish.

A Reading from 2 Corinthians 2:1-16

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God. Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, "What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him"— these things God has revealed to

us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. And we speak of these things in words not taught by human wisdom but taught by the Spirit, interpreting spiritual things to those who are spiritual. Those who are unspiritual do not receive the gifts of God's Spirit, for they are foolishness to them, and they are unable to understand them because they are spiritually discerned. Those who are spiritual discern all things, and they are themselves subject to no one else's scrutiny. "For who has known the mind of the Lord so as to instruct him?" But we have the mind of Christ.

Reader: The Word of the Lord.

People: Thanks be to God.

Please stand as you are able.

Gradual Hymn (440)

Blessed Jesus, At Thy Word

Liebster Jesu

Holy Gospel: Matthew 5:13-20

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

People: Glory to you, Lord Christ.

Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. "You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. "Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

Celebrant: The Gospel of the Lord.

People: Praise to you, Lord Christ.

Sermon

The Rev. Dr. Mark Jefferson

Please stand as you are able.

The Nicene Creed (BCP 358)

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, Form I (BCP 383)

With all our heart and with all our mind, let us pray to the Lord, saying “Lord, have mercy.”

For the peace from above, for the loving-kindness of God, and for the salvation of our souls, let us pray to the Lord.

Lord, have mercy.

For the peace of the world, for the welfare of the Holy Church of God, and for the unity of all peoples, let us pray to the Lord.

Lord, have mercy.

For our Bishop, and for all the clergy and people, let us pray to the Lord.

Lord, have mercy.

For our President, for the leaders of the nations, and for all in authority, let us pray to the Lord.

Lord, have mercy.

For this city of Herndon, for every city and community, and for those who live in them, let us pray to the Lord.

Lord, have mercy.

For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.

Lord, have mercy.

For those who travel on land, on water, or in the air, or through outer space, let us pray to the Lord.

Lord, have mercy.

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord.

Lord, have mercy.

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.

Lord, have mercy.

For all who have died in the hope of the resurrection, and for all the departed, let us pray to the Lord.

Lord, have mercy.

For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.

Lord, have mercy.

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.

Lord, have mercy.

In the communion of Saint Timothy and all the saints, let us commend ourselves, and one another, and all our life, to Christ God.

To you, O Lord our God.

Silence.

Celebrant will add a concluding collect.

Confession of Sin (BCP 360)

Celebrant: Let us confess our sins against God and our neighbor.

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

Absolution (BCP 360)

Celebrant: Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

Please stand.

The Peace (BCP 360)

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

People: And also with you.

Welcome & Announcements

Offertory Sentence

The Offering

Holy Communion- Eucharistic Prayer C (BCP 369)

Choral Anthem

Gather Us In

Mary Haugen

Here in this place new light is streaming,
Now is the darkness vanished away,
See in this space our fears and our dreamings,
Brought here to you in the light of this day.
Gather us in, the lost and forsaken,
Gather us in, the blind and the lame;
Call to us now, and we shall awaken,
We shall arise at the sound of our name.

We are the young our lives are a mystery,
 We are the old who yearn for your face,
 We have been sung throughout all of history,
 Called to be light to the whole human race.
 Gather us in, the rich and the haughty,
 Gather us in, the proud and the strong;
 Give us a heart so meek and so lowly,
 Give us the courage to enter the song.

Here we will take the wine and the water,
 Here we will take the bread of new birth,
 Here you shall call your sons and your daughters,
 Call us anew to be salt for the earth.
 Give us to drink the wine of compassion,
 Give us to eat the bread that is you;
 Nourish us well, and teach us to fashion
 Lives that are holy and hearts that are true.

Not in the dark of buildings confining,
 Not in some heaven light-years away,
 But here in this place the new light is shining,
 Now is the Kingdom, now is the day.
 Gather us in and hold us forever,
 Gather us in and make us your own;
 Gather us in, all peoples together,
 Fire of love in our flesh and our bone.

Please stand as you are able.

Presentation Hymn

Praise God, From Whom All Blessings Flow

Puer nobis

Praise God, from whom all bless - ings flow; praise him, all crea - tures here be - low;

praise him a - bove, ye heaven - ly host: praise Fa - ther, Son, and Ho - ly Ghost.

The Great Thanksgiving (BCP 369)

Celebrant: The Lord be with you.

People: And also with you.

Celebrant: Lift up your hearts.

People: We lift them to the Lord.

Celebrant: Let us give thanks to the Lord our God.

People: It is right to give God thanks and praise.

Celebrant: God of all power, Ruler of the Universe, you are worthy of glory and praise.

People: Glory to you for ever and ever.

Celebrant: At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

People: By your will they were created and have their being.

Celebrant: From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

People: Have mercy, Lord, for we are sinners in your sight.

Celebrant: Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

People: By his blood, he reconciled us.

By his wounds, we are healed.

Celebrant: And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

Sanctus (S128)

Holy, Holy, Holy Lord

Mathias

Please stand or kneel, as you are able.

Celebrant: And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord. On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." After supper, he took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me." Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

People: We celebrate his death and resurrection, as we await the day of his coming.

Celebrant: Lord God of our Ancestors: God of Abraham, Isaac, and Jacob; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only,

and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

People: **Risen Lord, be known to us in the breaking of the Bread.**

Celebrant: Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **AMEN.**

And now as our Savior Christ has 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.**

Fraction Anthem (S165)

Jesus, Lamb of God

Matthias

The Invitation (BCP 364)

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

Communion Hymn (LEVAS 160)

This Little Light of Mine

American Spiritual

1. This little light of mine, I'm goin'a let it shine.
2. Everywhere I go...
3. All through the night...

Please stand or kneel, as you are able.

Postcommunion Prayer (BCP 366)

Celebrant: Let us pray.

All: **Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.**

Blessing

Celebrant: May Christ, the Son of God, be manifest in you, that your lives may be a light to the

world; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. **Amen.**

Closing Hymn (WLP 787) *We Are Marching In the Light of God* Siyahamba

Dismissal (BCP 366)

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

People: **Thanks be to God.**

Postlude *Joyful, Joyful We Adore Thee* arr. Michael Costello

*Flowers are given by Julie Gray-Roller and Cynthia Cook
In memory of Rex Roller*

Music inserts used by permission. CCLI Copyright License #21359315.

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), Desmond Quaye, Robert Mendenhall (cancer), Leonard Johnson (Covid), Clay Barr

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 5

- 8:00 AM Rite I Holy Eucharist – Sanctuary
- 9:00 AM Adult Forum – The Rev. Dr. Mark Jefferson
- 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 6

- 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 7

- 4:00 PM DanceWorx

Wednesday, February 8

- 8:00 AM Red Cross Blood Drive – Henry Hall
- 4:00 PM DanceWorx
- 6:30 PM Worship Meeting - ZOOM
- 7:30 PM Latino Ministry Prayer - Offsite
- 7:30 PM SA Meeting
- 8:00 PM New Hopefuls AA

Thursday, February 9

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

Friday, February 10

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

Saturday, February 11

- 9:00 AM Altar Guild Set-Up – Sanctuary
- 11:00 AM – Murial Turner Service & Reception
- 7:00 PM Rite II Santa Eucaristía - Sanctuary

GUEST PREACHER TODAY - The Rev. Dr. Mark Jefferson

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 **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.

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.

CELEBRATE SCOUT SUNDAY, TODAY!

For decades, St. Timothy's has been proud to host Troop 159. Scouting provides fun, fellowship, and training to our youth as well as youth in our community. It emphasizes honesty, self-reliance, and respect. Through a year-round program, it affects character, citizenship, and personal fitness. Today we will celebrate "Scout Sunday" as the Boy Scouts of America celebrates its anniversary. Boy Scouts from Troop 159 will serve as ushers and be recognized at the service. We salute the splendid volunteers who serve as Scoutmasters and volunteer. For more information about Troop 159, please contact Enrique Lara, Scout Mater.

GIRL SCOUT COOKIES FOR SALE!

Savannah Lamb, a member of St. Timothy's congregation, is a second-year girl scout and she is excited to be selling girl scout cookies! Please email, text or call Catherine Lamb to get a list of cookies available and place an order. Catherine_michaels@hotmail.com or 540-818-9479.

Thank you in advance for supporting a great organization, providing invaluable experience for young entrepreneur girls.

CONGRATULATIONS TO THE GOMEZ FAMILY!

A message from the Gomez family:

Hello Saint Timothy's Family! We are pleased to share that Mary Emmanuelle Gomez made her big arrival on Tuesday night! Julie and Mary are both in good health and are back at home.

Thank you very much from the three of us for all of your words of congratulations and well wishes on Mary Emmanuelle's arrival! Spending so many weeks in the choir and next to the St. Tim's pipe organ must have paid off because Mary loves to listen to Julie sing hymns to calm down. "Jesus Loves Me This I Know" seems to be her favorite right now.

We also received the meal box from Send Them a Meal! The chicken enchilada lasagna looks really good, and Eric has already put it in the fridge to thaw out for dinner tomorrow night.

We're adjusting to life as a family of three. We look forward to coming back to services soon with Mary in tow for you all to meet her, but we aren't quite sure when that will be just yet. Thank you all once again for all the love and support you have shown our family, both before and since Mary's arrival. St. Tim's is such an important part of our lives because of how we've felt so at home there.

With much love,
Eric, Julie, and Mary

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.

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.

LENTEN SUNDAY ADULT FORUM – STARTING FEB 19TH AT 9AM

Join us in the Sanctuary to hear Parishioner Ronald Boggio lead us in a Lenten series entitled: “The Integration of Psychology and Spirituality.” This six-session series of presentations will explore how a healthy spirituality can be enhanced by an understanding of psychological development. Topics covered will include concepts from child development, Jungian psychology, and a biblical view of the human person. We will also explore the significance of how a mature understanding of the cross and resurrection of Jesus and the Eucharist can inform a sound spirituality and discuss some ideas on prayer.

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.

ST. TIMOTHY’S PRESCHOOL REGISTRATION FOR 2023-2024

It’s hard to believe it but it’s already time to register for the upcoming school year. St. Timothy’s Preschool is currently accepting applicants for all age ranges.

Please visit the (newly updated and redesigned!) website at www.sttimothypreschool.com or contact Allyson Showalter, St. Timothy’s Preschool Director, at sttimothypreschool432@gmail.com.

ST. TIMOTHY’S CHURCH CLERGY & STAFF

~Please enjoy reading about the clergy and staff at St. Tim’s. More to follow next week!

The Reverend Charles R. Cowherd – Priest in Charge

JOB DESCRIPTION: Charles serves as St. Timothy’s liturgical leader on Sundays and leads the administrative tasks of the church during the week. He helps coordinate with the ministry heads and the church staff to fulfill God’s mission here in Herndon. He is usually in the office Tuesday through Friday and is available for pastoral care via phone-call or by appointment.

BIOGRAPHY: Charles came to St. Timothy’s in April 2022 after serving as Associate Rector of the Church of the Good Shepherd in Burke, VA. He graduated from Virginia Theological Seminary in 2018 after a rewarding decade-long career as a high school history teacher in Virginia and Louisiana. He grew up at St. Stephen’s Episcopal Church in Culpeper, VA while also having rich faith experiences at Shrine Mont, the Diocese of Virginia’s Camp and Conference Center. Charles and his family live in Herndon and are excited to be at St. Timothy’s!

Favorite Bible Verse: *1st Corinthians 12.12-27.* ‘The Body Passage’ is the foundational text for St. George’s Camp at Shrine Mont. Paul’s message of unity and diversity within the Body of Christ serves as a model for all.

Favorite Hymn: Hymn #661 ‘They Cast their Nets in Galilee’ was written by William Alexander Percy, the Southern poet and memoirist. Set to the haunting tune ‘Georgetown’, the four short verses provide a stunning image of the joys and perils of Christian discipleship.

Fun Fact: Like the poet George Gordon Byron and the soccer star Mia Hamm, Charles was born with club feet and had casts on both feet for the first few months of his life!

Deb Stolar, Parish Administrator

JOB DESCRIPTION: Deb works Monday through Friday at the church, assisting all those in need for people entering the church. She creates the weekly service bulletins, ENews, and updates the St. Timothy’s website and Facebook page. Deb manages the phones, church calendar, office supplies, financial invoices, and document retention. She works with groups, inside and outside the church, in hosting their events at the church.

BIOGRAPHY: I am a native of New York, having moved less than 2 years ago to Virginia, and am a lifelong Lutheran. My husband is retired Air Force and currently serves as a member of the Secret Service. I have one son, who lives in Syracuse New York, and is a dual status Airforce Guardsman aircraft mechanic, currently working on remote piloted aircraft. I hold a degree in business administration and paralegal. I enjoy movies, board games, sports, and am an avid equestrian.

Favorite Bible Verse (and why): *Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.* Proverbs 3:5-6. This verse brings peace to me knowing that God is in control of ALL things, even when we don’t understand them and that he is always with us, guiding us along life’s ups and downs. It is good to know that someone has your back.

Favorite Hymn (and why): “I know that my Redeemer Lives.” It is just such a beautiful piece of music to sing and fills me with such joy when the church sings it together. It fills my soul with gladness that Jesus is my savior and friend, with me throughout this life and eternity.

Fun Fact: I was the county’s MVP for 2 years in Basketball when I was in high school and played in the men’s league until we moved. I love sports!