



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

8 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

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, Latino 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

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

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: Set us free, O God, from the bondage of our sins and give us, we beseech thee, the liberty of that abundant life which thou hast manifested to us in the Son our Savior Jesus Christ; who liveth and reigneth with thee, 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 (Read responsively)

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.

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 be to thee, Lord Christ.

Please be seated.

Sermon

The Rev. Dr. Mark Jefferson

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), 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

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.

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

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 starting 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!

Todd Grivetti – Organist/Choirmaster

JOB DESCRIPTION: Todd works part-time at St. Tim's and his duties include: choosing the hymns with Charles for Sunday worship, preparing the adult choir for the offertory anthem, and playing a prelude and postlude each Sunday. In addition, Todd prepares special music, instrumentalists, and guest vocalists for festival services throughout the church year. Todd oversees the entire music ministry and looks forward to collaboration with future handbell and children's choirs.

BIOGRAPHY: Todd grew up Southern Baptist and has had experience playing for and planning worship in nearly every mainline denomination. Todd graduated (2007) from the Conservatory of Shenandoah University with a Bachelor of Music Education degree with emphasis in choral/general music and certification in church music and organ performance. Todd then received his Master of Music Education degree with emphasis in choral conducting from Florida State University in 2017. He has been teaching elementary general music in Loudoun County Public Schools for 16 years and at Horizon Elementary in Sterling since 2010. Todd proudly married the supportive and doting Geoffrey Bloomfield in October 2022. They recently bought their first home in Reston where they reside with their 2 cats.

Favorite Bible Verse: *I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ.* Philippians 1:6.

Growing up, I had a lot of Bible verses thrown my way, but this one always stuck with me especially when

I got to sing these words set to music in church during high school. I was always getting into trouble in school and just look at me now. I'm a perfectly normal functioning adult in society, right?! Music really helped me find my way and settle down to focus. I also remember this scripture verse often while I'm teaching and frustrated with a student. I'll often see students later in their lives and it's so fruitful to see what they've become! God works wonders...all in God's time.

Favorite Hymn: I have many favorites. I'll share 3 that always choke me up:

1) *"Take my life and let it be."* (#707) My favorite verse is: *Take my voice, and let me sing, always only for my King; take my intellect, and use every power thou shalt choose.*

2) "Turn your eyes upon Jesus."

Turn your eyes upon Jesus.

Look full in his wonderful face.

And the things of earth will grow strangely dim in the light of his glory and grace.

3) "In the Bleak Midwinter." (#112) My favorite verse is at the end: *What can I give him, poor as I am? If I were a shepherd, I would bring a lamb; if I were a wise man, I would do my part; yet what I can I give him give him my heart.* Just wow. In my mind, that's what it's all about!

Fun Fact: Todd grew up on a small 12-acre farm just east of Richmond, VA. His father bought him a wild pony when he was in kindergarten, and he helped tame her (Bitsy) and they become like best buddies.

Todd was kicked in the head by a very mean, old, Palomino when he was 9. He required seven stitches just above his left eye and immediately to the right of his temple. Doctors said he was lucky, but his parents said it was God.