



The WORD

February 2023

Dear Parish Family,

As I mentioned at our Annual Meeting, St. Timothy's is blessed with a gifted and wise staff. Everyone contributes to work together towards fulfilling God's mission here at St. Timothy's. I am personally grateful for the collegiality and the expertise of each staff member. This issue of the WORD will feature "Staff Bios" which go into a little bit more detail about the wonderful folks who work at St. Timothy's. These bios (which will go up on our website as well) also delineate the job responsibilities and expectations for each member. If you ever have a question, hopefully the information below will help guide you.

God Bless,
CHARLES+



Meet the Staff of St. Timothy's

NAME: Charles Cowherd

EMAIL: priest@saint-timothys.org

PHONE NUMBER: 703-437-3790

JOB TITLE: 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 leads and the church staff to fulfill God's mission here in Herndon. Charles 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 (and why): "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 Christian communities!"

Favorite Hymn (and why): "Hymn #661 'They Cast their Nets in Galilee' in *The Hymnal 1982* (Episcopal) 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, I was born with club feet and had casts on both feet for the first few months of my life!"



NAME: Debra Stolar

EMAIL: office@saint-timothys.org

PHONE NUMBER: 703-437-3790 ext. 10

JOB TITLE: Parish Administrator

JOB DESCRIPTION: Maintain a friendly, warm, and welcoming atmosphere for people entering the church. Assist those in need with avenues for help. Create weekly service bulletins, eNews, and update the St. Timothy's website and Facebook page. Manage the phones, church calendar, office supplies, and

document retention. Create various spreadsheets and track data. Gather, organize, and create the church's annual report. Work with groups, inside and outside the church, in hosting their events at the church. Work to meet our stewardship campaign goals. Update and run reports from the Church Window's database. Ensure that invoices are submitted for payment. Ensure that church documents are scanned and stored appropriately. Deb works Monday through Thursday in the office, 9am to 3 pm.

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!



NAME: Allyson Showalter

EMAIL: sttimothypreschool432@gmail.com

PHONE NUMBER: 703-437-4767

JOB TITLE: Director, St. Timothy's Pre-School

JOB DESCRIPTION: The Preschool Director is responsible for the oversight and/or performance of all functions associated with the St. Timothy's Preschool to ensure that its operation is in accordance with the St. Timothy's Preschool Bylaws (Bylaws) and the Commonwealth of Virginia Licensing Standards. Duties include the day-to-day operation of the Preschool, hiring of all staff (subject to final approval by the Rector), maintaining a sound financial program, recruitment of students, publicity, purchase of materials, record keeping, contracts with clients and collection of fees.

BIOGRAPHY: Allyson has been a member of St. Timothy's Episcopal Church since the fall of 1991, and has had several careers over the years. She graduated from William and Mary as a Computer Science major (with a minor in Religion to prove that she had a well-rounded education) and started her first career in information systems and computer network security. Her next career was stay-at-home mom, which included being a perpetual volunteer: teaching Sunday School for a year, volunteering in her children's classrooms, being a Girl Scout Leader, working with the Boy Scouts, helping with choir and band activities. Along the way she started substitute teaching for FCPS (focusing mostly on preschool) and St. Timothy's Pre-School. That led to the next career: St. Timothy's assistant teacher, then lead teacher, and now director.

Favorite Bible Verse (and why): The 23rd Psalm. I have had it memorized from childhood, and it gives a message of comfort and hope that "restoreth my soul."

Favorite Hymn (and why): "Lord of all hopefulness, Lord of all joy..." I love how the hymn celebrates the different aspects of God (Lord of all joy, faith, grace, and calm) and asks for specific gifts (bliss, strength, love, and peace) at the different times of the day. It is a wonderful prayer, a pretty tune, and I loved singing it to my children when they were younger.

Fun Fact: Church is a large part of my family tradition. My uncle and grandfather were ordained in the Christian Church (Disciples of Christ), my other grandfather was a publisher of the Presbyterian Outlook and general manager of the Outlook book service, and my brother is an Episcopal Priest. Most of the rest of my relatives are active laity in their own churches, continuing the tradition.



NAME: Todd Grivetti

EMAIL: music@saint-timothys.org

PHONE NUMBER: 703-437-3790 x16

JOB TITLE: Organist/Choirmaster

JOB DESCRIPTION: Todd works 19 hours per week and is responsible for choosing music for worship in collaboration with Charles. Todd rehearses and prepares the adult choir for an offertory anthem weekly. Todd plans and plays a prelude and postlude each Sunday as well as the service music and hymns. Todd prepares special music, instrumentalists, and guest vocalists for special festival services throughout the church year. Todd has oversight over the entire music ministry and will work in collaboration with a future handbell/children's choir director once said person(s) is hired.

BIOGRAPHY: Todd grew up Southern Baptist and has had experience playing for and planning worship in nearly every mainline denomination except the United Church of Christ and Evangelical Lutheran Church of America. Todd graduated from Shenandoah Conservatory of Shenandoah University with the Bachelor of Music Education degree with emphasis in choral/general music in 2007. He also received certification in church music and organ performance. Todd received his Master of Music Education degree with emphasis in choral conducting from The Florida State University in 2017. Todd has been teaching elementary general music in Loudoun County Public Schools for 16 years. He has been teaching at Horizon Elementary School in Sterling, VA since 2010. Todd proudly married the supportive and doting Geoffrey Bloomfield on October 20, 2022. They bought their first home in Reston in 2020 where they still reside with their two cats Tyrone and Conrad.

Favorite Bible Verse (and why): *"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 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 (and why): I have many favorites. Admittedly, I fall in love with a hymn first for the tune and I get to know the text later. I'll share three that always choke me up:

1) "Take my life and let it be." 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. 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.” 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.



Report from the Vestry

Dear Friends,

The Vestry met January 24, 2023. The first order of business was welcoming our newly elected Vestry members, Vilma Lemus and Midori Yanagihara, with Rick Wilson and Matt Schumann as alternates. All Vestry members took the oath. Maria LaWalt was then chosen as Senior Warden while Kristie Rudolph was chosen as Junior Warden. Paige Williamson submitted a Leave of Absence from the Vestry as she is in Europe for Work. Rick Wilson will serve as a Vestry Member during that time period.

We reviewed the final 2022 Treasurer’s report which had a \$100,000 surplus. This can be attributed to hiring Charles, bringing in new pledging members, a one-time credit from the IRS for COVID relief, and

quarterly budget review by the Vestry, limited funding to our ministries and laser sharp expense management.

The Rector's 2023 priorities are: improved signage, continued Henry Hall improvements, increased Christian Ed and the Latino Ministry.

Respectfully Submitted by Maria LaWalt, Senior Warden

St. Timothy's 2023 Vestry



Congratulations to St. Timothy's New Vestry Members!

Thank you for your service!



Sr. Warden - Maria LaWalt



Jr. Warden - Kristie Rudolph



Vilma Lemus



Matt Schumann
Alternate



Rick Wilson
Alternate



Midori Yanagihara

The Closet of the Greater Herndon Area, Inc.

This month at the quarterly Board Meeting, The Closet distributed \$43,500 in grants to community non-profits: A Simple Gesture, All Ages Read Together, Herndon-Reston FISH, Helping Hungry Kids Northern Virginia, O.A.R. (Opportunities, Alternatives, Resources,) Pathways Home, Shelter House, Shepherd Center Northern Virginia and Stroke Comeback Center. These funds were made possible by our customers who purchase items at The Closet, our community that donates items to The Closet and our Volunteers who contribute time and talent by volunteering at The Closet. Volunteers from twenty faith-based organizations plus community volunteers provide the equivalent of 7.5 full-time paid staff members!

Be a part of The Closet success – Shop (845 Station Street, Herndon), Donate (Monday-Wednesday and Friday-Saturday 8:00 a.m.-noon-no donations accepted on Thursdays) and Volunteer (between 10:00 a.m. and 4:30 p.m. Monday through Saturday.)

Respectfully Submitted by Holly Hartge (mhhvirginia@verizon.net), St. Timothy Volunteer Coordinator

GALILEE

The waves on the lake in Galilee
Lapped the shores in such constancy
That Christ was aware of the eternity
Of God's Kingdom and the serenity
Of the shore. And the vast desert
Beyond, drew Him to go apart
To pray to His Father for guidance and love
And sustain Him with holy Breath from above.

On the shores of the lake He taught about
Seeds that withered or thrived, but did not shout
Or rave like the prophets of old, nor like others who sold
False hopes, wrong methods or even told
That only the rich, the righteous, the followers of law,
Would be granted a place in Heaven or more.
He told about sheep, a gateway and a shepherd,
Which gave such hope to the crowds that gathered.

He spoke of the love of their God, whose lilies
Never spun gold yet shone in such glories
Of color and form, and sparrows who flew
Without fear of fall or hunger and surely they knew
That God watched over each piece of creation
With such great love and true affection,
That all who followed and worshipped with love
Would allow each one to feel peace like the dove.

On the lake, He rested, despite such a storm
That His friends, alarmed at the force and the form
Of the waves and the wind and the peril that threatened
Their safety. He woke at their cries, stood and gestured.
He said, "Be calm" to the forces of nature,
Which further convinced them of His Power and stature
In the Divine Kingdom, as the storm died,
The winds calmed and there was no need to hide.

In a second storm, He walked on the water,
Called to Peter, "Trust me, come on, don't falter".
"I come, Lord", said Peter, but his faith was not strong,
And Jesus reached out to His friend, who not long

From this time would deny Him three times
And feel so ashamed that he left for new climes,
To hide with the others for fear that the Romans
Would seek out His followers to make new demands.

They almost gave up their trust and belief
In someone who was hanged on a tree like a thief,
Yet faithfully prayed and comforted others.
Then three days later they heard from brothers
And sisters that He was not dead, but alive
In this world and so they would contrive
To go as instructed, to wait at the lake
In Galilee, where they were sure He would make
All things well and give tasks and instructions
To feed His flock, and move all obstructions.

Not only in Galilee, but throughout all creation,
To seek the path of full redemption.
"Love thy God" and "Love thy neighbor" would be all
That mankind would need to recall,
In order to live the life that He offered.
No other reward would need to be proffered.

So it is for many centuries later,
Though we are far from that body of water;
We constantly prepare as He instructed
To receive Body and Blood consecrated,
And proceed to the life that we hope to attain,
When Christ comes again to permanently reign
Over His Kingdom on earth, never more riven,
By sin, hate and war, from our Father in Heaven.

Respectfully Submitted by Jill Cox



2023 Vestry



Maria LaWalt (2025) – *Senior Warden*
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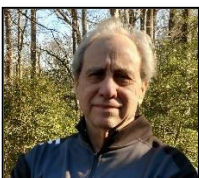
Kristie Rudolph (2025) – *Junior Warden*
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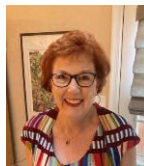
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Carolyn Hamm (2025)
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Vilma Iveth Lemus Magano (2026)



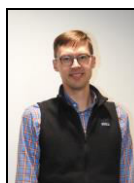
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Midori Yanagihara (2026)



Rick Wilson (Alternate)



Matt Schumann (Alternate)

Kathy Lombard – Treasurer treasurer@saint-timothys.org
Rose Berberich - Registrar



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Editor of The Word
 Ms. Robin Mullet
wordeditor@saint-timothys.org

**Submission deadline for the April issue:
 Tuesday, March 28, 2023**

Service Times		
Saturday:	7 pm	Spanish Service/Rite II
Sunday:	8 am	Rite I (English)
Sunday:	10 am	Rite II (English)
Also available via Zoom (Livestream on YouTube/ Facebook/Website)		
Please check the website for up-to-date information about opportunities to worship		

Welcome New Members

To transfer your membership to St. Timothy's or to find out if you are a registered member, contact Mindy Rohrbaugh (blessed2boma@gmail.com) or fill out the Parishioner Information Form: www.saint-timothys.org/uploads/docs/info-form.pdf

If we do not have an email address for you and your family, or if your email has changed, send the information to office@saint-timothys.org.

The Word is published monthly and emailed to members and friends the first week of the month. It also appears on the website. If you wish to receive a copy by mail, please notify the church office (office@saint-timothys.org). Copies of *The Word* are also available in the office.

From the Editor

Please note that there will be NO edition of The WORD for the month of March! I will be traveling out of the country during the time that The WORD is typically written and published, therefore there will not be time to get out a monthly edition. Please look for important news and updates in the weekly e-News. The WORD will resume publication in early April. Thank you for your understanding!

Robin Mullet

Exerpts from a sermon offered on Ash Wednesday (from 2015)

Dust and ashes are Good News: They point us toward the power and love of God – both at the beginning and at the end. And they remind us that, because of this Good News, we are called – as we live between dust and dust – to repent and to return. To return to our risen Lord. That’s what “repent” means: to turn, to change the direction in which we are looking and moving, and to look and to move in a new direction.

And today’s call to us to repent doesn’t center on fear – on what will happen to us if we don’t; and it doesn’t center on guilt or duty – on what we think we *ought* to do. Instead, this call centers on divine love – on the love that is the heart of our creation – on the love that is seen most fully on the cross. It centers on the love that transforms ashes into a symbol of hope.

At the same time, such turning – such repentance – is not something we can think ourselves into; it is not something to which we can pay lip service – or forehead service – and have happen. It depends on concrete action. We don’t think ourselves into a new state of being. We live and we act ourselves into it.

Both Holy Scripture and the accumulated spiritual insight of our tradition tell us that the classical and ancient disciplines of prayer, fasting and giving are powerful helps as we hear and move toward obeying God’s call to return. They are universally recognized ways of keeping our journey moving in the right direction.

So, remember that you are dust – and rejoice. For God is with us – in the beginning, at the end, and even now as we live in between. And repent, return to the Lord – in joyful obedience. For he who created us is calling us to him. To this end, we are given the special gift of Lent – a time to allow us to hear that call with some real depth, and to respond.

— The Rev. James Liggett is the retired Rector of St. Nicholas’ Episcopal Church in Midland, Texas. He is a native of Kansas and a graduate of the University of Houston and the Episcopal Divinity School. He has served parishes in Kansas, Texas and Oklahoma and has been a contributor to Sermons That Work since the 1980’s.