



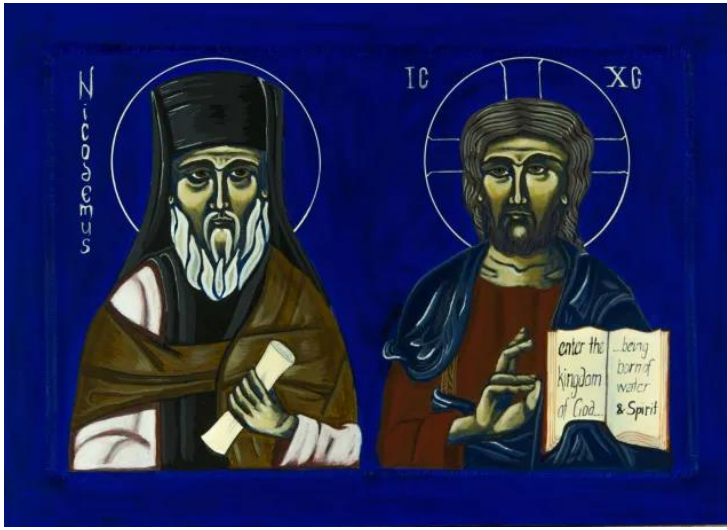
**ST. TIMOTHY'S EPISCOPAL**  
EST. HERNDON, VA • 1868

432 Van Buren Street  
Herndon, VA 20170  
p: 703-437-3790  
[www.saint-timothys.org](http://www.saint-timothys.org)

Sunday, March 5, 2023

Second Sunday of Lent

8:00 a.m.



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### **Weekly Services:**

Sunday, 8:00 a.m.

Holy Eucharist Rite I, spoken

Sunday, 10:00 a.m.

Holy Eucharist Rite I 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 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.

## 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](mailto:priest@saint-timothys.org)

**The Rev. Franklin Morales**, Latino Service Priest

[latinoministry@saint-timothys.org](mailto:latinoministry@saint-timothys.org)

**Deb Angerman**, Bookkeeper (x13)

[bookkeeper@saint-timothys.org](mailto:bookkeeper@saint-timothys.org)

**Julio Cuellar**, Latino Service Musician

[juliocuellarmusic@yahoo.com](mailto:juliocuellarmusic@yahoo.com)

**Todd Grivetti**, Organist/Choirmaster (x16)

[music@saint-timothys.org](mailto:music@saint-timothys.org)

**Allyson Showalter**, Preschool Director (x14)

[sttimothyspreschool432@gmail.com](mailto:sttimothyspreschool432@gmail.com)

**Debbie Stolar**, Parish Administrator (x10)

[office@saint-timothys.org](mailto:office@saint-timothys.org)

## Vestry

**Sr. Warden** - Maria LaWalt (2025)

**Jr. Warden** – Kristie Rudolph (2025)

Betsy Bosworth (2025)

Tom Davis (2024)

David Dopsovic (2024)

Carolyn Hamm (2025)

Vilma Lemus (2026)

Matt Schumann - Alternate

Paige Williamson (2024)

Rick Wilson – Alternate

Midori Yanagihara (2026)

## Trustees

Tom McLenigan

Keith Sinclair

Deke Smith

# HOLY EUCHARIST- RITE I

## 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.**

## 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 166)

Celebrant: The Lord be with you.

**People: And with thy spirit.**

Celebrant: O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from thy ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of thy Word, Jesus Christ thy Son; who with thee and the Holy Spirit liveth and reigneth, one God, for ever and ever. **Amen.**

*Please be seated.*

## The Lessons

### A Reading from Genesis 12:1-4a

The LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the LORD had told him; and Lot went with him.

Reader: The Word of the Lord.

**People: Thanks be to God.**

## Psalm 121

1 I lift up my eyes to the hills; \*  
where is my help to come?

- 2 My help comes from the LORD, \*  
**the maker of heaven and earth.**
- 3 He will not let your foot be moved \*  
**and he who watches over you will not fall asleep.**
- 4 Behold, he who keeps watch over Israel \*  
**shall neither slumber nor sleep;**
- 5 The LORD himself watches over you; \*  
**the LORD is your shade at your right hand,**
- 6 So that the sun shall not strike you by day, \*  
**nor the moon by night.**
- 7 The LORD shall preserve you from all evil; \*  
**it is he who shall keep you safe.**
- 8 The LORD shall watch over your going out and your coming in, \*  
**from this time forth for evermore.**

### **A Reading from Romans 4:1-5, 13-17**

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

*Please stand.*

### **Holy Gospel: John 3:1-17**

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

**People: Glory be to thee, O Lord.**

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God; for no one can do

these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” Nicodemus said to him, “How can these things be?” Jesus answered him, “Are you a teacher of Israel, and yet you do not understand these things? “Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. “Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

Reader: The Gospel of the Lord.

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

*Please be seated.*

**Sermon**

The Rev. Charles R. Cowherd

*Please stand.*

**The Nicene Creed (BCP 326)**

People: **We believe in one God,  
the Father Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.  
We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father;**

**Through him all things were made.**

**For us and for our salvation he came down from heaven:**

**by the power of the Holy Spirit he became incarnate from the Virgin Mary,  
and was made man;**

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

**On the third day he rose again in accordance with the Scriptures;  
he ascended into heaven and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son;**

**With the Father and the Son he is worshiped and glorified.**

**He has spoken through the Prophets.**

**We believe in one holy catholic and apostolic Church.**

**We acknowledge one baptism for the forgiveness of sins.**

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

*Please stand, or kneel, as you are able.*

### **The Prayers of the People (BCP 328)**

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

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

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

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

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

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

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

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

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

### **Confession of Sin (BCP 331)**

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

People: **Almighty God,**

**Father of our Lord Jesus Christ,**

**maker of all things, judge of all men:**

**We acknowledge and bewail our manifold sins  
and wickedness,**

**which we from time to time most grievously have committed,  
by thought, word, and deed, against thy divine Majesty,  
provoking most justly thy wrath and indignation against us.**

**We do earnestly repent,**

**and are heartily sorry for these our misdoings;  
the remembrance of them is grievous unto us,  
the burden of them is intolerable.**

**Have mercy upon us,**

**have mercy upon us, most merciful Father;**

**for thy Son our Lord Jesus Christ's sake,**

**forgive us all that is past;**

**and grant that we may ever hereafter  
serve and please thee in newness of life,  
to the honor and glory of thy Name;  
through Jesus Christ our Lord. 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: If any man sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the perfect offering for our sins, and not for ours only, but for the sins of the whole world.  
(1 John 2:1-2)

*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**

### **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. 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,

### **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.**



*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 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 (BCP 337)**

Celebrant: Christ our Passover is sacrificed for us.

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

## 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

*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: Keep this your family, Lord, with your never-failing mercy, that relying solely on the help of your heavenly grace, they may be upheld by your divine protection; through Christ our Lord.  
**Amen.**

*Please stand.*

### Dismissal (BCP 340)

Celebrant: Let us go forth into the world, rejoicing in the power of the Spirit.

**People:** Thanks be to God.

## PRAYER LIST:

*(Please email [careteam@saint-timothys.org](mailto:careteam@saint-timothys.org) with any prayer concerns.)*

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

**Health:** Peter Hwochinsky (back surgery), Desmond Quaye, Leonard Johnson (Covid), Caroline Arlington (stroke), James Thomas, Randy Scrapper, Jerry V. (bone cancer)

**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

**Mission Work:** Hannah Ruth Branson (Niece of Anne Vandenberg), St. Timothy's & Oak Grove Baptist Trips to Pine Ridge, our partners at St. Mathieu's in Haiti.

### 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, March 5**

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, March 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, March 7**

4:00 PM DanceWorx

### **Wednesday, March 8**

12:00 PM Wednesday Eucharist – Sanctuary

4:00 PM DanceWorx

6:30 PM Worship Committee Meeting - ZOOM

7:30 PM Latino Ministry Prayer - Offsite

7:30 PM SA Meeting

8:00 PM New Hopefuls AA

### **Thursday, March 9**

12:15 PM Came to Believe AA

7:00 PM Choir Rehearsal - Music Room

7:00 PM Debtors Anonymous

### **Friday, March 10**

10:00 AM Friday Gratitude AA

9:30 PM Friday Night Lights AA

### **Saturday, March 11**

9:00 AM Altar Guild Set-Up - Sanctuary

7:00 PM Rite II Santa Eucaristía – Sanctuary

## **LENTEN SUNDAY ADULT FORUM – TODAY at 9AM**

**Join us in the Sanctuary** to hear Parishioner Ronald Boggio lead us in week 3 of the 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.

## **CORNERSTONES' HYPOTHERMIA SHELTER MEALS**

### **MARCH 18<sup>TH</sup> at 6 PM**

St. Timothy's will provide a hot meal to the Cornerstones' Hypothermia Shelter on **Saturday, March 18<sup>th</sup> at 6 pm**. The meal should include a main course, two side dishes, dessert, and beverages. Grab a couple of buddies and put together a nutritious meal, nothing fancy required! The food will be delivered to the **North County Government Center, 1850 Cameron Glen Drive, in Reston**. If you can help, please write to [service@saint-timothys.org](mailto:service@saint-timothys.org).

Thank you to the following individuals for *putting their faith to work* by providing the meal on February 26<sup>th</sup>: Shon Beury, Bobbe Duquette, Lydia Gough, Carolyn Hamm, Ted Mankin and Gerritt Peck.

### **ALZHEIMER'S INFORMATION FORUM – MARCH 25<sup>TH</sup> at 10 AM**

Saint Timothy's Service Ministry is hosting an Alzheimer's Information Forum and coffee hour Saturday March 25<sup>th</sup> at 10 am in Henry Hall. Insight Memory Care Center, a leading source of memory care and treatment, education, and therapy will be there to answer specific questions. All are welcome, so please mention this to a family or friend. If you have any questions, please contact [service@saint-timothys.org](mailto:service@saint-timothys.org).

### **EASTER FLOWERS**

Would you like to donate for an Easter Flower to be displayed in our sanctuary? **If you wish, you may dedicate the flower to a friend or loved one.** Please contact the church by phone or email at [office@saint-timothys.org](mailto:office@saint-timothys.org) by **March 27<sup>th</sup>** with your special dedication. You may also use a Flower Envelope located in the Narthex. **Mark your check, Easter Flowers.**

### **EASTER EGG HUNT, APRIL 9<sup>th</sup>, 2023**

St. Timothy's will have a Easter Egg Hunt immediately after the 10 am service on Easter Sunday. All children 12 and under are invited to participate. Please bring a basket (or other container) and meet at the Narthex. Volunteers will be around to assist. If you have any questions or would like to volunteer, **please email Sarah Hobson at [sarahhobson@hotmail.com](mailto:sarahhobson@hotmail.com).**

### **HENRY HALL PAINTING IS COMPLETE!**

Please visit the hall to see the bright new paint. Thank you to all who made this herculean event happen.

### **BISHOP'S VISITATION- Sunday June 25<sup>th</sup>, 2023**

Mark your calendars as the dates have just been released from the Diocese regarding Bishops' Visitation. We are excited to welcome the Right Reverend Dabney Smith, Visiting Bishop in the Diocese of Virginia, to St. Timothy's on June 25<sup>th</sup>, 2023. Look out for announcements regarding Confirmation classes, baptisms, and other preparatory guidance in the weeks and month ahead.