



The WORD

October 2023

Dear St. Timothy's Family,

The month of October is here and there is so much going on: our Stewardship Campaign for 2024 kicks off on the 1st of the month, on the same day that we host our Block Party and Blessing of the Animals. October, of course, also marks the day that I officially transition from Priest-in-Charge to the 20th Rector of St. Timothy's Episcopal Church! (For more history on that subject, please see the section later in this edition of the WORD.)

I wanted, though, to use this space to look *back* at something that occurred last month. Over the weekend of September 15-

17, about 50 parishioners headed to the Shenandoah Valley for our annual Shrinemont Retreat to share in fellowship, to relax, and to take some time to get closer to God. I personally experienced all of these, in no small part to the efforts of Rob Huizar, our Retreat Coordinator, who worked diligently before, during, and after the retreat to make the weekend a success. It takes A LOT of organizational ability, patience, and flexibility to fulfill that role, and Rob did a magnificent job.... And he even found some downtime to have fun himself!

Also deserving of thanks was Vilma Lemus, whose role as Vestry Liaison to our Latino members does not adequately describe her contributions to St. Timothy's. For the Shrinemont weekend alone, Vilma was able to recruit new members to come up to the mountains, organize the renting of a van, and serve as the all-important bridge between two languages and cultures.

On that note, we were blessed this year with two 'Timothys' who led the program on Saturday morning. Tim Allen (Adult Program) and Timothy Nixon (Children's Program) are both gifted educators, both bilingual, and both bear the name of our patron. The 1st century Timothy, if you recall, was also skilled at bridging the gap between cultures so our modern-day 'Tims' honor his memory as they serve this church.



Shrinemont, as you probably know, holds a special place in my heart and perhaps then I should have expected such a weekend. Point taken... but there seemed to just be something *holy* (and I don't use that word lightly) happening over these few days. We gathered together—newcomers and old-timers, Latino and Anglo—and talked and shared and sang songs and hiked. I got to know folks that I have seen countless times but had yet to learn their names. I heard remarkable stories of faith, of hardship, and of God's grace in our midst. I love our parish...in its diversity, in its unity, and in its entirety.

Over the weekend, we struggled with the language barrier between Spanish- and English-speakers. But we also persevered, we found common ground, we laughed and gesticulated and made brave linguistic forays into the holy space that God provides for brothers and sisters in Christ. Amid that, there were true moments of transformation and communion.

One quick story from the weekend: since my hiring, I have remarked on several occasions that I wished that I could take pill or a shot that would suddenly allow me to be fluent in Spanish. I shared that one evening at the retreat and it became a running joke among the attendees. Later, and in private, Tim Allen told me that that's a common remark made by his high school students when struggling to learn a language. He told me what he usually tells them: "That if you could do that, you would miss out on the journey, the process, the joy and the struggle of learning a language."

The same could be said about our joint effort as "One Saint Timothy's"—our more than decade-long effort to be one church, one community, one family... worshipping God in two different languages. Our Shrinemont week served up so many opportunities to reflect upon that goal and advance toward it. I invite you all to think about ways that we can continue to do so. One way is easy: mark your calendars for next year's Shrinemont Retreat scheduled for the weekend of September 20- 22, 2024!

Yours in Christ,
CHARLES +



THE WARDENS AND VESTRY OF
ST. TIMOTHY'S
EPISCOPAL CHURCH

REQUEST YOUR PRAYERS AND PRESENCE
AT THE CELEBRATION OF NEW MINISTRY OF
THE REVEREND CHARLES R. COWHERD
AS THE TWENTIETH RECTOR OF
ST. TIMOTHY'S

THE VERY REV. FRAN GARDNER-SMITH
DEAN OF THE NORTH FAIRFAX REGION
DIOCESE OF VIRGINIA, PRESIDING

THE REV. PETE NUNNALLY
DIOCESE OF VIRGINIA, PREACHING

NOVEMBER
SUNDAY | 5 | AT 4 PM
2023

RECEPTION TO FOLLOW - NO RSVP NEEDED

432 VAN BUREN STREET
HERNDON, VIRGINIA



LOS GUARDIANES DE LA IGLESIA
Y LA SACRISTÍA
DE LA IGLESIA EPISCOPAL DE
ST. TIMOTHY'S

PIDEN SUS ORACIONES Y SU PRESENCIA
EN LA CELEBRACIÓN DEL NUEVO MINISTERIO DEL

REVERENDO CHARLES R. COWHERD
COMO EL VIGÉSIMO RECTOR DE LA IGLESIA DE
ST. TIMOTHY'S

PRESIDIDA POR EL MUY REVERENDO FRAN GARDNER-SMITH
DIÁCONO DE LA REGION NORTH FAIRFAX
DEL DIÓCESIS DE VIRGINIA

CON UN SERMÓN DEL REVERENDO PETE NUNNALLY
DEL DIÓCESE DE VIRGINIA

NOVIEMBRE

DOMINGO | 5 | A LAS 4 PM
2023

HABRÁ UNA RECEPCIÓN DESPUÉS - NO HACE FALTA
CONFIRMAR LA ASISTENCIA

432 VAN BUREN STREET
HERNDON, VIRGINIA

LINK PANTRY SHELVES ARE BARE!

Hunger in America is getting worse, not better. Experts on feeding those experiencing hunger talk about a coming “Hunger Cliff”. This hunger cliff is a result of the end of COVID-related emergency assistance, which has left low-income families facing difficult choices around food - from forgoing meals and purchasing less to buying cheaper food. The Herndon area is feeling this impact of food insecurity. As the picture taken this week shows, the LINK pantry shelves are as bare as we have ever seen them.



LINK is facing a tsunami of events that has resulted in an increase in need and a decline in donations. This has made serving those in need more difficult than ever.

- Demand for services is increasing significantly.
- The price of food items has increased by over 10% in the past year making it harder to feed a family.
- As COVID relief has come to an end, governmental and non-profit food donations and grants to LINK have dropped significantly.
- Food and cash donations to LINK from individuals and businesses are also coming in at a slower rate.
- According to the Capital Area Food Bank, a LINK partner, the number of meals distributed was 77 percent higher in 2023 than in 2019.
- The Food Bank also reports that 76 percent of food insecure households contain employed individuals. However, those with low wage jobs cannot afford the area’s high cost of living and therefore require food assistance.

The good news is that, since St. Timothy’s has instituted quarterly food drives, we have contributed more to LINK this year than in past years. St. Timothy’s has a big and generous heart, and we prove that consistently by supporting multiple outreach programs.

Because LINK is facing declining food and financial donations, tough decisions will have to be made about how many families can be served, how much food each family will receive and how frequently a family can apply for assistance. It is heartbreaking to think of families that are hungry, particularly those with children.

Additionally, there has been a decline in volunteers to make deliveries to clients, pick up donations from restaurants and grocery stores, pack food for deliveries and assist with screening potential clients who call LINK for assistance.

How can you best help our neighbors during this challenging time?

- Bring donations of non-perishable food, diapers, and personal hygiene items to the Stuff-a-Truck drive on October 15. If that date is not convenient, you may also drop off donations at the church.
- Donate cash by mailing a check to LINK at P.O. Box 443, Sterling, VA 20187.
- Volunteer to deliver food to families on a schedule that is best for you. Students who accompany a parent in volunteering are eligible for qualified volunteer hours at their school.
- Volunteer to pack groceries at the LINK pantry on a schedule that is best for you. This can be a family activity that teaches children about serving others.
- Assist with screening clients who request food assistance.
- Translate requests from Spanish speaking clients who seek assistance. 65% of LINK clients speak Spanish as their primary language. Anyone who is a dual language speaker is particularly needed.
- Volunteer to pick up food donations from grocery stores and restaurants as your schedule permits.

For more details about the Stuff-a-Truck drive or LINK volunteer opportunities, please contact Tom Bosworth, tombosworth1338@gmail.com or the Service Ministry at Service@saint-timothys.org. Or, visit the LINK website, www.linkagainsthunger.org to volunteer and learn more about LINK.

The Service Ministry thanks you for *putting your faith to work* to serve our neighbors.

Respectfully submitted by Tom Bosworth

Spooktacular Pipe Organ Concert!



Featuring...

Todd Grivetti
on the
Historic Tracker Organ



FRIDAY, OCTOBER 27 AT 7:30 PM

Saint Timothy's Episcopal Church, Herndon, VA

-FREE and open to the public-

Donations will be accepted to benefit the music fund.

*** Halloween costumes are welcomed and encouraged! ***



Please join St. Timothy's Choir for
All Saints Day Evensong

Wednesday, November 1, 2023

7:30 p.m.

St. Andrew's Episcopal Church

4000 Lorcom Lane

Arlington, VA 22207

We are partnering with two other churches to bring you this ancient service of Evensong. We hope you can worship with us!

FROM THE ARCHIVES:

LIST OF RECTORS of ST. TIMOTHY'S EPISOCPAL CHURCH (HERNDON, VA)

You hopefully have received your invitation to the Celebration of New Ministry for yours truly as the **Twentieth Rector of St. Timothy's**. Determining the exact number of how many rectors St. Timothy's has had has been no small chore as historical records are not always complete nor is the nomenclature for ecclesiastical titles always precise. I contacted both the Diocesan Registrar and Historiographer, Julia Randle, and the Reverend Dr. Bob Prichard, former Professor of Church History at Virginia Theological Seminary, to come up with some guidelines for determining what number rector we are on. Here are the criteria used:

- **TERMINOLOGY:**

Technically speaking rectors are distinguished from other clergy in charge by being priests (as opposed to deacons), by serving self-supporting parishes, and by having been instituted by the bishop. Diocesan journals often distinguish parishes (which have rectors) from missions (which have vicars). To that point, Anne Crocker's Parish History notes that St. Timothy's parochial status was ambiguous during much of its first century. On page 20, she writes: "Further research is required to determine the church's Mission-Parish status, which seems to have reverted back and forth."

- **GEOGRAPHY**

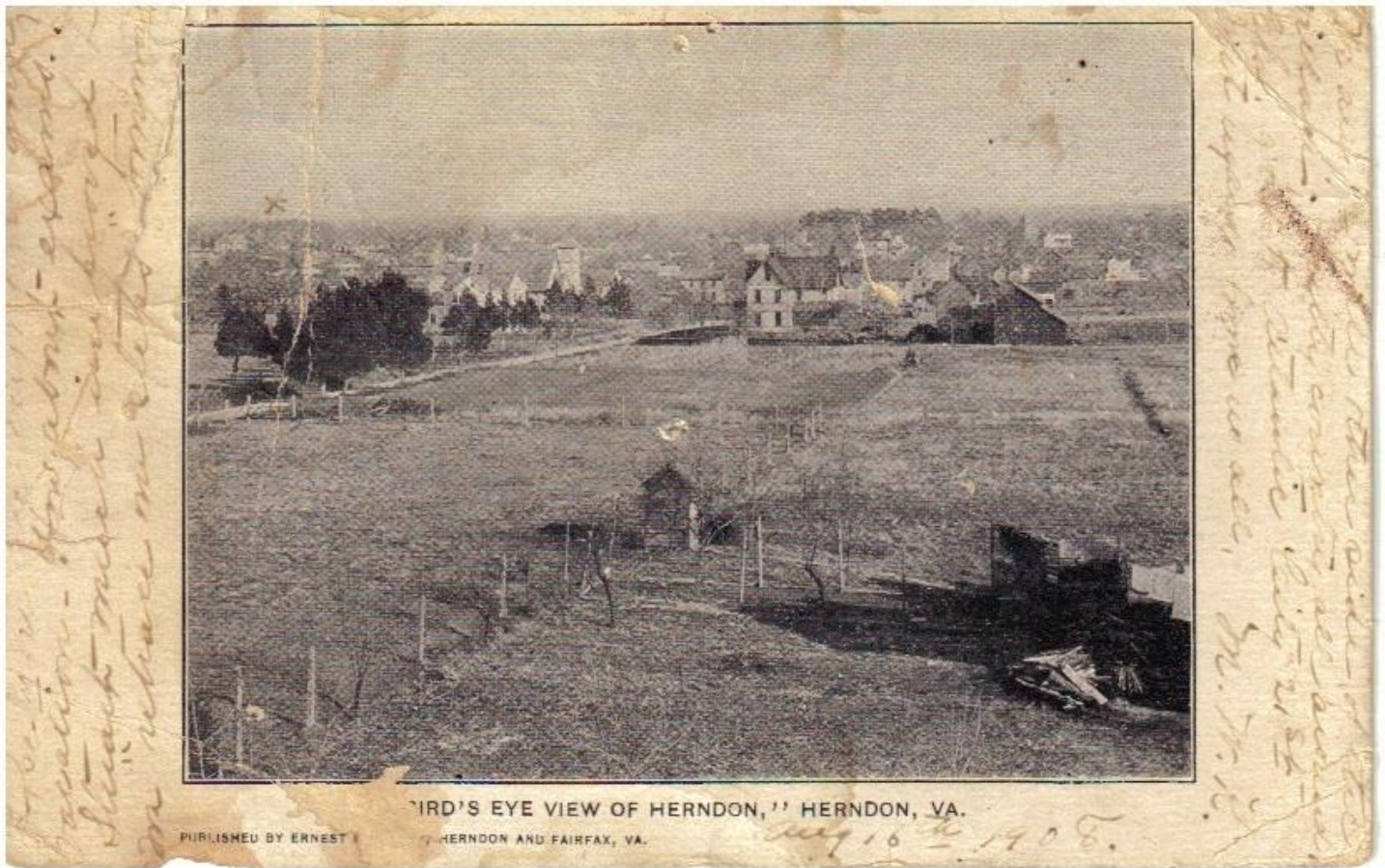
*Before World War II, most parishes in Virginia were geographical units that could include more than one congregation. After the war, it became more common to have rectors of congregations, at least in urban areas; diocesan canons were adjusted in 1960 to conform to that new pattern. So, for example, the 1947 Diocesan Journal shows St. Timothy's as a congregation in Upper Truro Parish. The parish also included, at that time, St. John's, Centerville. At that point St. John's had a separate clergyman. There may be some earlier point, however, in which there were rectors for Upper Truro Parish who served two or more congregations. **For the purposes of this numbering, if individuals are listed in the journals as rector of Upper Truro, they have been included in the list of rectors of St. Timothy.***

*Prior to the creation of Upper Truro Parish, there were rectors of an undivided Truro Parish who served as supply priests at St. Timothy's. In 1870, for example, D. Hanson Boyden was listed as the rector of two congregations in Truro Parish, but there was no listing of any relationship to St. Timothy's. **For the purposes of this numbering, these Truro rectors have NOT been included in the list of "rectors" of Timothy's.***

The following chart is thus constructed from Anne Crocker's history and modified based on my own research efforts. It lists the leaders of St. Timothy's since its founding. I list those who meet the above Rector criteria in **bold**. Check back in this space in future months for more information from our archives!

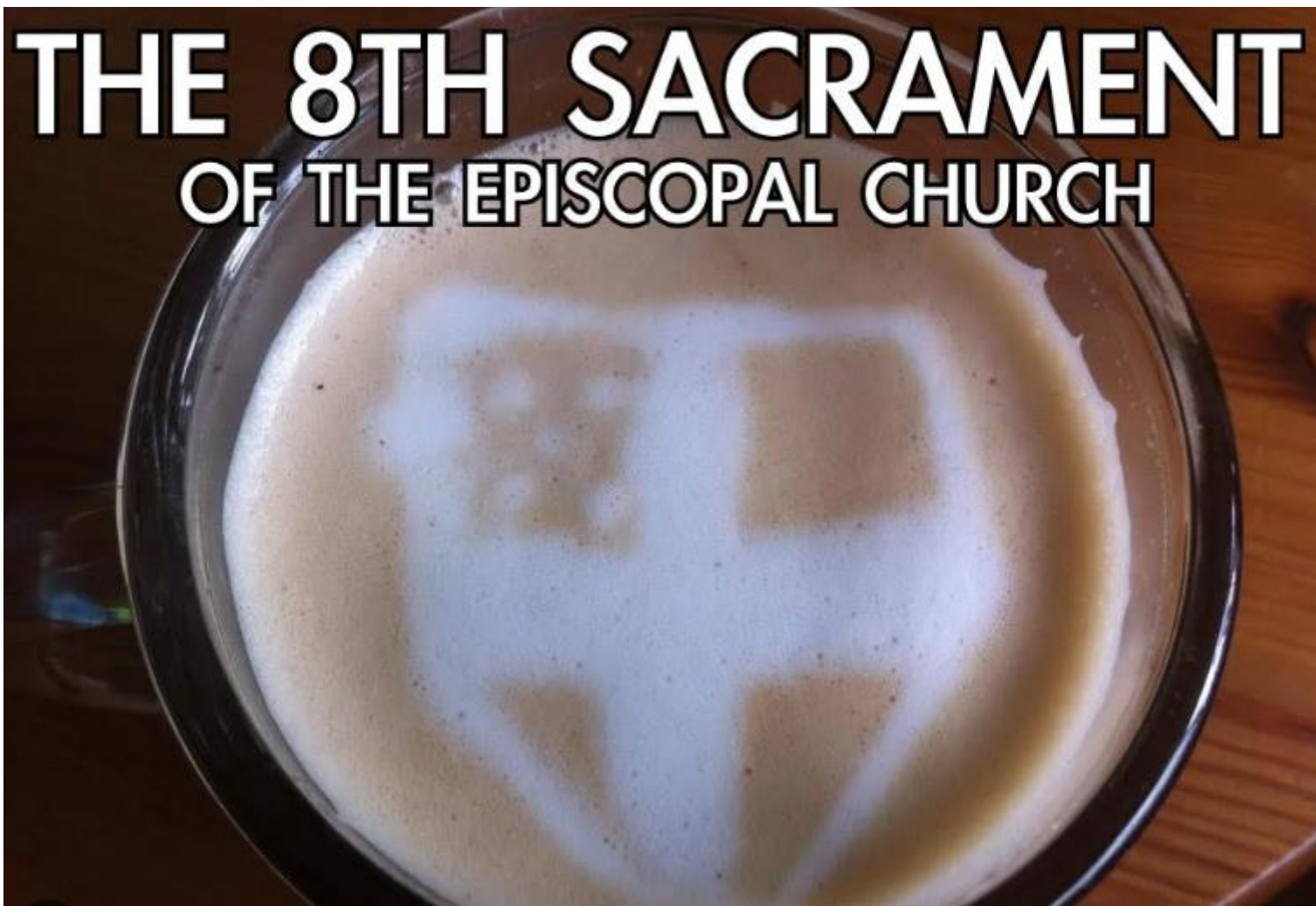
#	NAME	DATE
	The Reverend William F. Lockwood	1868
	The Reverend W.A. Aldrich	1868
	The Reverend William Meade Dame	1869-1870
	The Reverend D. Hanson Boyden	1870-1871
	The Reverend Jeremiah Ward	
	The Reverend John McGill	1872-1878
	The Reverend Frank Page	1878-1884
#1	The Reverend Samuel Scollay Moore	1884-1886
#2	The Reverend William Nelson Meade	1886-1992
#3	The Reverend Robert A. Castleman	1892-1895, 1906-1907
#4	The Reverend John Jones Clopton	1895-1899, 1904-1906
#5	The Reverend John McNabb	1899-1908
#6	The Reverend George M. Tolson	1908-1909
#7	The Reverend Lorenzo D. Vaughan	1910-1913
	The Reverend William H. Burkhardt	1914
	The Reverend W.B. Dern	1914
	The Reverend Andrew G. Grinnan	1914
	The Reverend William Bradshaw	1914-1919
#8	The Reverend William Clayton Torrence	1919-1922
#9	The Reverend Alexander Galt	1921-1931
#10	The Reverend Arthur LeB. Ribble	1931-1935
#11	The Reverend Marshall M. Milton	1938-1940
	The Reverend Robert F. Gibson, Jr.	1940
#12	The Reverend Arthur Lyon Lyon-Vaiden	1942-1943
	The Reverend H. Littleton Zimmerman	1944
	The Reverend Charles Perry	1944

#13	The Reverend Lloyd Bell	1944-1952
#14	The Reverend Edmund H. Stevens	1952-1955
#15	The Reverend Charles W. Sheerin Jr.	1955-1958
#16	The Reverend John C. Henry	1958-1974
#17	The Reverend Ralph Bayfield	1974-1992
#18	The Reverend Brad Rundlett	1994-2015
#19	The Reverend Dr. Rich Bardusch	2017-2021
#20	The Reverend Charles R. Cowherd	2023-



Seen here is an old postcard of Herndon, with a postal stamp date of 1908. The photo itself may be even older. The view looks east on Elden Street. The big house in the center of the photo is 825 Elden Street, which was built in the 1890s and belonged to a town dentist, Benjamin Detwiler. Across the street from the house you see the original [Saint Timothy's Episcopal Church](#), at the corner of Elden and Grace Streets. *Photograph courtesy of Herndon Historical Society*

THE 8TH SACRAMENT OF THE EPISCOPAL CHURCH



After a long absence, our after-service coffee hour resumed after our 10AM service on Sunday, September 10th! Stay tuned for ways to help, including volunteering to bring in refreshments and help with setup and cleanup. It takes a village, and we are thrilled to have our coffee fellowship resume.

OUT OF THE FRAME

From this chair, the only view is through a gap in the walls and through a window which frames the feathery, thinner branches of a tree.

They seem to scratch against the grey-blue sky, just visible in the highest square panes, but there is nothing else to see.

Yet out of view are houses quite well-known to exist and about which there have been speculations and observations regarding the past, present and future.

People and animals are known to inhabit these unseen dwellings, many as familiar as good neighbors or casual acquaintances, but the familiarity is guarded and controlled.

There is gentle competition in the regularity of lawn-mowing, tree or flower planting and occasionally the gentle drift of smoke from neighbors' barbecues sifts through the trees, intermingles in the air and wafts away towards the clouds and oblivion.

Voices of various generations are heard, but not seen, but occasionally it is obvious that times of arrival in driveways have coincided and words of greeting are exchanged, perhaps with a wave of the hand, hidden from immediate view.

Dogs exchange greetings or even conversation untranslatable by the human companions, but by the volume, it must be of great importance and interest!

Children chatter to themselves or each other, imagination taking them into fantasy or the adult world as play involves sports, equipment, water bottles, swings, slides, bubbles, bicycles and scooters.

None of this comes into view. The tree branches continue to tickle the sky as they sway in the breeze and the sky, while blue now, just touched by white clouds, will slowly fade and that invisible world beyond the frame will lull into quiet and sleep until the sun kisses it again.

Respectfully submitted by Jill Cox

Haiti Agape Success

The numbers are in, and the 2023 Agape was a huge success, in fact our best ever! To date, donations total \$26,096, enough to fund St. Mathieu's for a full year, plus a little extra for a rainy-day. Your generosity is beyond measure. On behalf of the teachers, children and families, the people of Chapoteau, thank you.



HOPE FOR HAITI

Supporting St. Mathieu's School, Chapoteau

From the Service Ministry

The last quarter of the year is always a busy time for the Service Ministry. Over the coming weeks you will be hearing about the following initiatives:

- Stuff-a-Truck Food Drive for LINK: Sunday, October 15th.
- Cornerstones Gift Cards for Kids Program: We will collect financial donations to the Service Ministry Fund from November 19th through December 10th. Gift cards will be purchased and turned in to Cornerstones on December 11th.
- Hat, Scarf and Glove Collection: Collection will run from December 1st through December 26th. Place items under the Christmas Tree in Henry Hall.

Keep your eye on the weekly eNews for more about each of these events! Questions? Write to service@saint-timothys.org.

Thank you for putting your faith to work for our neighbors.

Respectfully submitted by Carolyn Hamm

2023 Vestry



Maria LaWalt (2025) – Senior Warden
mjlawalt@verizon.net
703-318-9838



Vilma Iveth Lemus Magano (2026)
lemusvilma3@gmail.com
240-299-5522



Kristie Rudolph (2025) – Junior Warden
kristie.g.rudolph@gmail.com
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Rick Wilson (2024)
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703-629-4972



Betsy Bosworth (2025)
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703-851-4435



Midori Yanagihara (2026)
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Tom Davis (2024)
Tkdavis278@verizon.net
571-420-8544



Matt Schumann (Alternate)
matthew_schumann@hotmail.com
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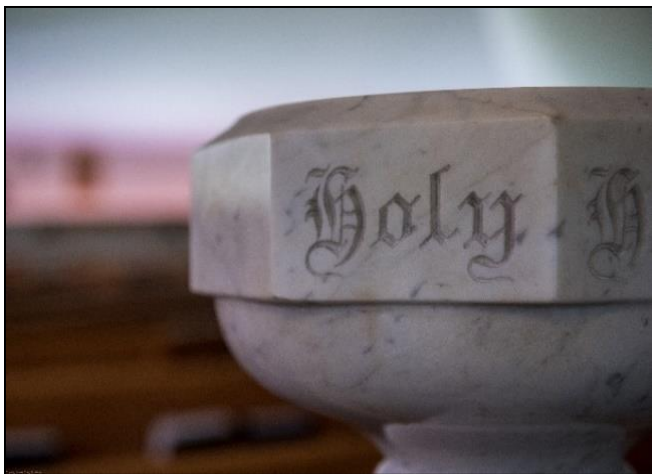


David Dopsovic (2024)
ddopsovic@lmvlaw.com
703-407-7271



Duane Hartge – Treasurer
treasurer@saint-timothys.org
Rose Berberich - Registrar

Carolyn Hamm (2025)
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703-593-4148



St. Timothy's Episcopal Church
432 Van Buren Street, Herndon, VA 20170
Voice: 703-437-3790 Fax: 703-787-9781
www.saint-timothys.org

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

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.

Rector

The Rev. Charles R. Cowherd
priest@saint-timothys.org
 703-437-3790



Organist/Choirmaster

Mr. Todd Grivetti
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 703-437-3790 x16



Parish Administrator

Ms. Deb Stolar
office@saint-timothys.org
 703-437-3790 x10



Bookkeeper

Ms. Deb Angerman
bookkeeper@saint-timothys.org
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St. Timothy's Pre-School Director

Ms. Allyson Showalter
sttimothypreschool432@gmail.com
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Editor of *The Word*

Ron Boggio
wordeditor@saint-timothys.org

**Submission deadline for the November 2023 issue:
 Wednesday, October 25, 2023**

Welcome New Members

To transfer your membership to St. Timothy's or to find out if you are a registered member, contact the church office (office@saint-timothys.org) 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.

Psychology and Spirituality

Merton on the True Self

For the past few months, we have been exploring Thomas Merton's concept of the True Self/False Self (TS/FS). One of the things that Merton emphasizes is that, as we increasingly find and "tune in" to our TS, we begin to realize that the TS exists in everyone else as well. This can help lead us to the realization that our TS is never separate from others, and that when we experience such separation, it is inevitably the work of the FS.

Thomas Merton memorably describes his mystical experience of the True Self and the relatedness at its root in his book, *Conjectures of a Guilty Bystander*:

"In Louisville, at the corner of Fourth and Walnut [now Fourth and Muhammad Ali Boulevard], in the center of the shopping district, I was suddenly overwhelmed with the realization that I loved all those people, that they were mine and I theirs, that we could not be alien to one another even though we were total strangers. It was like waking from a dream of separateness...The whole illusion of a separate holy existence is a dream...

Then it was as if I suddenly saw the secret beauty of their hearts [TS], the depths of their hearts where neither sin nor desire nor self-knowledge can reach, the core of their reality, the person that each one is in God's eyes. If only they could all see themselves as they really are. If only we could see each other that way all the time. There would be no more war, no more hatred, no more cruelty, no more greed.... I suppose the big problem would be that we would fall down and worship each other. But this cannot be seen, only believed and "understood" by a peculiar gift...

At the center of our being is a point of nothingness which is untouched by sin and by illusion, a point of pure truth, a point or spark which belongs entirely to God, which is never at our disposal, from which God disposes of our lives, which is inaccessible to the fantasies of our own mind or the brutalities of our own will. This little point of nothingness and of absolute poverty is the pure glory of God in us...It is like a pure diamond, blazing with the invisible light of heaven. It is in everybody, and if we could see it, we would see these billions of points of light coming together in the face and blaze of a sun that would make all the darkness and cruelty of life vanish completely."

Respectfully submitted by Ron Boggio