



The WORD

December 2023

Dear St. Timothy's Family,

Last month I had the great honor and privilege of announcing the naming of the Reverend Bradford Rundlett as St. Timothy's *Rector Emeritus*. As detailed in sermons and in our printed publications, this came about after discussions with the Rundlett family, conversations with the Diocese, and the hard work and prayer of your Vestry. Below you can read the Courtesy Resolution passed at this year's Diocesan Convention to this effect. This month, I would like to use this space to talk a little about Father Brad and what he means to me, to St. Tim's, and to the greater community.



I have met with Brad in his home many times, but my knowledge of him as a priest comes primarily through stories—your stories, colleagues' stories, the stories of the “least of us” who remember him fondly for his generosity. Those stories conjure up the image a faithful and dynamic clergy person, one who was beloved by his congregation, and someone who, frankly, looms somewhat large to your current rector. The latter is allayed by the shared memory of his gentleness and kindness, with the word “saint” often included as part of the story. (On pages 3 and 4 of this issue is the bulletin for *his* Celebration of New Ministry. I find the flower dedication to be particularly evocative of who Brad was as person and priest.)

Another common thread in the stories told about him is that Brad seemed to be everywhere. A testament to that is the song “Celebrate Brad” (included on page 4) that was sung at his farewell. It details his omnipresence on campus and in the Herndon/ Reston area. Mission trips, community engagements, weddings, funerals... you name it... Father Brad was everywhere. I cannot tell you how many times that people have shared a story from the hospital, from their home, or from some other private moment where Brad was present pastorally.

In my preaching, I have also shared how important a presence Father Brad was among local clergy and faith leaders. His interest in ecumenism and interfaith dialogue is just another example of his witness and vocation in action. I give thanks to God for his leadership after

the September 11th attacks as well as for opening the doors of St. Tim's to our Spanish-speaking members.

I have not even mentioned Haiti, or Brad as the "baby whisperer" at Baptisms, or his training of seminarians from VTS, or the extended passing of the peace that was a hallmark of his personality. Please do continue to share those stories with me and with one another. Do drop in on Cele and Brad, when appropriate. Know that we are working on getting a plaque recognizing his title as Rector Emeritus that will be displayed in the Narthex for all to see. Finally, join me in thanksgiving for Brad's leadership of this community.

Yours in Christ,
CHARLES+

**Courtesy Resolution-1 Bradford Rundlett
Naming Bradford Rundlett as Rector Emeritus of St. Timothy's Episcopal Church in Herndon, VA**

WHEREAS, Bradford Rundlett, a compassionate spiritual leader whose guiding influence had a tremendous impact throughout the Herndon community and the Commonwealth, retired as rector of St. Timothy's Episcopal Church in Herndon in August 2015; and

WHEREAS, Bradford "Brad" Rundlett began his career in ministry with the Episcopal Church of the Epiphany in Spartanburg, South Carolina, where he cultivated his reputation as a unifying leader and a humble servant to the community; he then served at St. James' Episcopal Church in Potomac, Maryland, and St. Andrew the Fisherman Episcopal Church in Mayo, Maryland; and

WHEREAS, after arriving at St. Timothy's Episcopal Church in 1994, Brad Rundlett led efforts to renovate the church and revitalize the congregation; 20 years later, the church had expanded significantly and the congregation had been deeply strengthened; and

WHEREAS, Brad Rundlett lives his faith through his actions, and he developed a comprehensive mission program at St. Timothy's Episcopal Church; he supported the Hispanic community in Herndon first in the day laborer controversy of 2007 and then by forming a Spanish-speaking service that continues to this day; and

WHEREAS, Brad Rundlett has worked as a missionary in Appalachia, South Dakota, and Haiti, and under his leadership, St. Timothy's Episcopal Church conducted mission trips to Dungannon in Scott County, Chapoteau in Haiti, and Pine Ridge in South Dakota; and

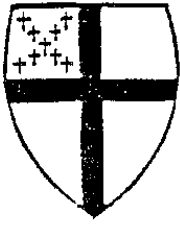
WHEREAS, admired as a devoted mentor and a role model for those seeking a life in ministry, Brad Rundlett served as a field site supervisor and a colloquy mentor for Virginia Theological Seminary, and he has guided many young assistant rectors and seminarians, including those who have gone on to become ministers in other denominations; and

WHEREAS, believing firmly in the power of a strong, united community, Brad Rundlett hosted a monthly lunch with spiritual leaders from other denominations, and his efforts have fostered valuable interfaith dialogue among churches in the Herndon area; now therefore be it

WHEREAS, the vestry of St. Timothy's has unanimously voted to bestow upon him the title of RECTOR EMERITUS of St. Timothy's Episcopal Church.

BE IT RESOLVED that the Diocese celebrate and honor the Reverend Brad Rundlett by hereby affirming his contributions to Timothy's Church, the Herndon community, and the Diocese of Virginia

Submitted by The Rev. Charles Cowherd, St. Timothy's, Herndon on behalf of the congregation of St. Timothy's.



St. Timothy's Episcopal Church

432 VAN BUREN ST.

HERNDON, VA 22070

437-3790

April 27, 1994

Celebration of a New Ministry

7:30 P.M.

Prelude "Now Thank We All Our God" J. S. Bach
Hymn 525 Processional "The Church's one foundation" (Aurelia)
PB 559 The Institution The Rt. Rev. F. Clayton Matthews
Suffragan Bishop of Virginia

PB 548 The Litany for Ordinations - Litanist: Sue Bogert

The Word of God

Collect, Isaiah 35:1-10

Psalm 122

"O Jerusalem"

Horman

Youth Choir

Ephesians 4:1-6

H 174 Sequence vs. 1 "At the Lamb's high feast we sing" (Salzburg)

John 17:6a, 15-23

Sermon

The Rt. Rev. A. Theodore Eastman

Retired Bishop of Maryland

H 370 "I bind unto myself today" (St. Patrick's Breastplate)

(vss. 1-5 and 7-all; vs. 6-choir only)

PB 561 The Induction - Presentation of Symbols of Ministry

The Peace

All baptized people are welcome at the Lord's Table.

The Holy Communion

Offertory

"The Desert Shall Rejoice"

Butler

PB 361 The Great Thanksgiving, Prayer A

S 129 Sanctus

Communion Music: 328, 475, 517

PB 564 Thanksgiving Prayer

Benediction

H 494 Process. into world "Crown him with many crowns" (Diademata)

Dismissal

Postlude

Serving

Presenters of the New Minister - William Martin - Senior Warden
George Dexter - Junior Warden

Presenters of Symbols of Ministry - The Rev. Nancy Noall - Bible
Bishop Clay Matthews - Water for Baptisms
Ruth Ellen Coffey - Stole
Susy Nixon - Stole
Dave Engel - Book of Common Prayer
Bill Odio - Book of Common Prayer
Jackie Clattenburg - Holy Oil
Lowell Genebach, Jr. - Holy Oil
Trustee Anne Crocker - Keys to St. Timothy's
Trustee Joe Hutchison - Keys to St. Timothy's
Trustee Frank Shults - Keys to St. Timothy's

Dean of Region V: The Very Rev. John Hatcher - Canons of the Diocese of Virginia
Sylvia Geller - Bread and Wine for our Eucharist
Olga Marinenko - Bread and Wine for our Eucharist

Altar Guild: - Anne Crocker, Jean Kuhns, Dottie Lawson, Judy Wuerdemann
Lay Minister
and Lector: - Dave Hixon, Dave Engel
Acolytes: - John Bhaktul, Bree Cowan, Patrick Cowan, Dana Hubbard
Ushers: - Sally Cowan and volunteers

THE FLOWERS AND PLANTS USED TO DECORATE THE CHURCH ARE DEDICATED TO THE GLORY OF GOD
AND IN THANKSGIVING FOR THE MINISTRY OF
THE REVEREND BRADFORD A. RUNDLETT

ST. TIMOTHY'S EPISCOPAL CHURCH
APRIL 27, 1994

From ALL THE PLANTS OF THE BIBLE by Winifred Walker, Doubleday & Company, Inc. 1979

ALOE	John 45:8	...and brought a mixture of myrrh and aloes
BEANS	II Samuel 17:28	brought ...wheat, barley, meal, parched grain, beans and lentils
WHEAT		
BOX	Isaiah 41:19	I will put in the wilderness the cedar...
PINE		...the plane (box) and the pine together
CEDAR		
CINNAMON	Song of Solomon 4:14	...cinnamon, with all trees of frankincense...
CORIANDER	Exodus 16:31	...it was like coriander seed
CUCUMBER		
MELON	Numbers 11:5	and the children of Israel also wept again, and said, Who shall give us flesh to eat? We remember...the cucumbers, and the melons, and the leeks, and the onions, and the garlic;
LEEKs		
ONIONS		
GARLIC		
FIGS	Proverbs 27:18	...whoso keepeth the fig tree shall eat the fruit thereof
GRAPES	Genesis 40:10	...and on the vine there were three branches; as soon as it budded, its blossoms shot forth, and the clusters ripened into grapes.
IVY	II Maccabees 6:7	...they were forced to wear ivy-wreaths...
JUDAS TREE	Matthew 27:5	...and went and hanged himself

“Celebrate Brad”

(tune – “Earth and All Stars”)

Southern by birth, hailing from Georgia; God had His eye on a fellow named Brad.
Made him a priest, kicking and screaming; God had big plans for this fellow named Brad.
He’s been our rector for twenty long years!
Hear as we sing to celebrate Brad.

When he arrived, spirits were sagging, toilets were leaking and mildew was bad.
Rolled up his sleeves, got down to business. We would need all of the talents he had!
Plumber and fundraiser, healer and priest ...
Things started changing when we called Brad.

Tiny St. Tim’s needed expansion. “Build for Tomorrow!” proclaimed Father Brad.
Look what we’ve done, working together! Built an addition that’s totally rad!
Next will be lighting, an organ, and more ...
Pull out the stops and celebrate Brad!

Soft-spoken tone, powerful message; walking the walk by example – that’s Brad.
Passing the peace, takes him forever; everyone wants to be greeted by Brad.
Hundreds are patiently waiting in line!
It is our joy to celebrate Brad.

Couples in love, people in trouble, all have been helped through the counsel of Brad.
Grownups and teens, hundreds of children, baptized and prayed for by dear Father Brad.
Babies stop crying when placed in his arms!
Our growing parish celebrates Brad.

Dungannon, here, Pine Ridge and Haiti: dozens of ministries nurtured by Brad.
People at risk, people at worship: scores of support groups encouraged by Brad.
VTS outsources students his way ...
God picked a winner when He chose Brad.

Twenty long years! Where did the time go? Thanks be to God for the blessings
we’ve had.
Think and reflect, cherish the mem’ries. Thanks for your friendship and love,
Father Brad!
We’re looking forward to twenty years more!
Let’s give a hand to celebrate Brad!

From the Service Ministry

Here is an update on ways that you can “put your faith to work” over the coming weeks to support those in need in our community:

- This is the last week for donating funds for the Cornerstones Gift Cards for Kids Program. If you haven't had an opportunity and wish to give, make a check out to St. Timothy's with Service Fund on the memo line, or donate through the church giving website selecting Service Fund from the drop down box, by December 3rd. This year we are supporting 25 youth and five senior citizens.
- Hat, Scarf and Glove Collection: Collection will run from December 1st through December 26th. Place items under the Christmas Tree in Henry Hall. We will also accept new and lightly used (and clean) coats for all ages.
- Think of the Closet for your Christmas shopping!
- Winter Food Drive for LINK: We will collect food donations on Sunday, January 28th; reusable shopping bags will be distributed on prior Sundays.
- Hypothermia Meals: St. Timothy's will provide dinner for 25 people at the North County Hypothermia Shelter (operated by Cornerstones) on Saturday, March 2nd and Saturday, March 16th. The meal should include an entrée, a couple of side dishes, dessert, and beverages. Get together with a couple of friends and make this an easy way to help those who are homeless, cold, and hungry during the winter months.

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

As we bring the year to a close the Service Ministry thanks YOU for all you do to support our Ministry! Your contributions of food for LINK, backpacks for Cornerstones, shopping at the Closet, and much more, all increase our connection with the greater Herndon community. We wish you and those you love a blessed Christmas.

Respectfully submitted by Carolyn Hamm

Preschool Corner

Did you know that St. Timothy's is a very busy place during the weekdays? You might not know it if you visit the church office, but if you stop by the preschool on a school day you would find a hive of activity!

September was all about getting accustomed to being away from home. Our student body has gotten a little younger this year. In previous years we had four Pre-K (4- and 5-year-olds) and three younger classes (2 ½ year olds through young 4-year-olds who won't be old enough to enter kindergarten in 2024). For 2023-2024 we have three Pre-K classes and four younger classes. For most of our younger students – and about 25% of our Pre-K students – this is their first time away from home. It can take a little time to convince some of the new students that this is not only a safe but also a very fun place.

In October things started to get busy with Back to School Night for the students and their families, Trunk or Treat, and our traditional Halloween Festival. The weather cooperated beautifully for our Halloween activities.

Then came November with parent-teacher conferences; Veteran's Day presentations from St. Timothy's LTC Ian Smith, US Army Reserve; Powhatan Native American presentations from St. Timothy's Kate Masters; and our Thanksgiving Feasts for our students and student performances for their parents.

Maybe in December we can relax? No more big events on the calendar, just this little thing called Christmas...



Respectfully submitted by Allyson Showalter

Peace

Peace - will there be such a thing?
Can "quiet" pause such craving?
Nature tries in calm, beautiful sunsets;
Man tries in forgiving debts,
But all is chaos in war and strife,
Noise pervades all modern life.

Peace - sometimes in a baby's sigh,
Sometimes in an aged eye;
Peace - sweet, dream- filled sleep;
Fields filled with placid sheep.
Peace - warm greetings and embraces
Between those of many tribes and races.
Peace - resting with those you love
Blest with peace from God above.

Peace - can it be contained
In sounds that have remained,
When guns ceased fire and smoke cleared
And all returned to those endeared.
By love and sacrifice.
Peace - restored to life.

Respectfully submitted by Jill Cox.

2023 Vestry



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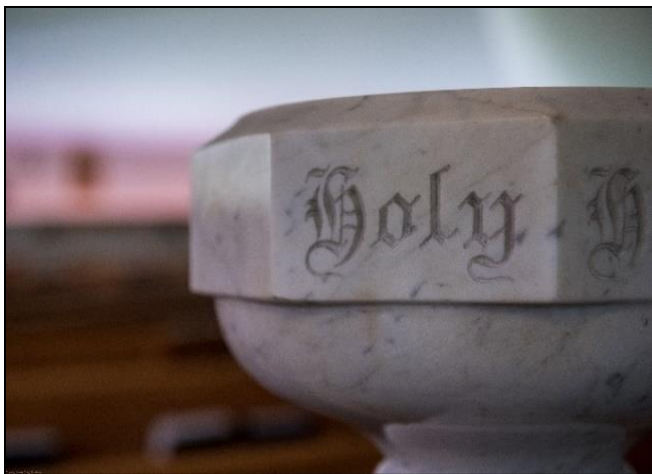


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Carolyn Hamm (2025)
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Duane Hartge – Treasurer treasurer@saint-timothys.org
Rose Berberich - Registrar



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

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.

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

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 703-437-3790 x10



Bookkeeper

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St. Timothy's Pre-School Director

Ms. Allyson Showalter
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Ron Boggio
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**Submission deadline for the January 2024 issue:
 Monday, December 20, 2023
 Please note earlier date due to holiday**

Psychology and Spirituality

Advent Prayer and the True Self

Advent, which begins on December 3, is one of the times during the liturgical years when the church calls us to deepen our prayer lives. At this time our prayer is aided by a dual focus: the incarnation of Christ into the human family and his coming at the end of time. These foci – like all good prayer aides – remind us of a God who is already immanently and intimately present to us and a God who is our future goal. In the context of the True Self/False Self psychology and spirituality that we have been developing, the indwelling Spirit who is “more intimate to me than I am to myself” - the TS planted within me at the moment of my birth - is called through prayer to grow into an ever fuller realization of God’s ultimate plan for me, which means growing further and further away from the empty promises of the FS. Another way of saying this is that Advent calls us to an ever-fuller incarnation of the God within us – a lifelong process – that will ultimately yield a union with the God out there: the Holy Spirit within us becomes ever more incarnate as we live out God’s unique call to each of us to become more and more like the Father.

The Christian tradition has long recognized several forms of prayer (petition, thanksgiving, meditation, and contemplation). Typically, we are most familiar with prayers of petition and thanksgiving, which we pray in each Eucharistic celebration through the Prayers of the People and the Great Thanksgiving. Unfortunately, in our history, meditation and contemplation have generally been given short shrift by Christian teachers and preachers and have often been thought of as forms of prayer suitable only for monks and nuns. But the early fathers (and mothers!) of church history made it clear that all Christians were called to these forms of prayer. However, it has taken the work of individuals like John Keating (1923-2008), a Cistercian monk, and Barbara Brown Taylor, a contemporary Episcopal priest, to re-introduce meditation and contemplation to a wider audience.

Meditation and contemplation are particularly apt forms of prayer for the Advent season, and despite what we may think, require no in-depth training. Meditation and contemplation are similar in that both emphasize the immediacy of God’s presence in the here and now. While meditation focuses more on “*thinking*” in God’s presence, contemplation focuses more on “*being*” in God’s presence. Some examples may help to both spell this out more clearly and provide a simple guide to practice.

The Advent scriptural readings from the Old Testament are filled with images and symbols that invite deeper thought and reflection: streams bursting forth in the desert, the mountain of God where lambs lie down with lions, rough ways being made smooth and the dying stump of Jesse from which a beautiful tree is to grow. Meditation is as simple as reading these passages of scripture and reflecting on, for example, what streams are bursting forth in our personal deserts, or what are the dying stumps of our experience from which new life is being called forth. Such reflection makes us immediately present to the God who is always within us and calling us into deeper union with him.

At a certain point, meditation can yield to contemplation. The images that have captured our spiritual imagination make us *simply aware that God is present here and now* – both deep within us and calling us forth. At that point, we might simply sit in God’s presence, breathing God’s love in and out – with no awareness beyond God’s presence and his love for us. Such times of contemplation will be very brief at first because as a culture we are more content with *doing* than with *being*. All manner of thoughts will distract us

over and over again. Yet all we must do is return to the presence of God – beyond, above, below all our distractions – and begin again to breathe God’s love in and out.

Understood in this way, meditation and contemplation are easy practices to incorporate into our busy pre-holiday lives. Ten to fifteen minutes per day or per week are enough to get us started. Meditation and contemplation are also a way of rooting us more deeply in our true selves, for whatever brings us more directly into God’s presence touches us at our core and helps us grow.

Respectfully submitted by Ron Boggio