



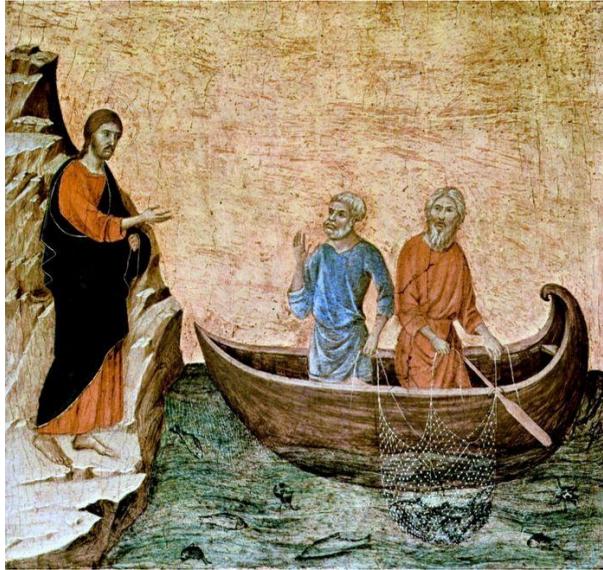
ST. TIMOTHY'S EPISCOPAL
EST. HERNDON, VA • 1868

432 Van Buren Street
Herndon, VA 20170
p: 703-437-3790
www.saint-timothys.org

Sunday, January 21, 2024

Third Sunday after the Epiphany

10 am



Keepingadvent.com

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

Staff

Church office hours are 9:00 AM to 3:00 PM Monday through Friday.

The Rev. Charles R. Cowherd, Rector (x12)

priest@saint-timothys.org

The Rev. Brad Rundlett, Rector Emeritus

The Rev. Philene Ware Dunn, Interim Latino Supply Priest

pwardunn@cox.net

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

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 the 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 (gluten free available on request) and wine (either sip from the chalice or allow the chalice-bearer to intinct) will be offered. If you don't wish to receive, we invite you to come forward for a blessing. Please indicate that by placing your arms across your chest.

HOLY EUCHARIST

The Word of God

Prelude

Variations on 'Lyons'
At the tolling of the bell, all stand.

arr. Joyce Jones

Opening Hymn (533 v 1, 2, 1)

How Wondrous and Great Thy Works

Lyons

Opening Acclamation (BCP 355)

Celebrant: Blessed be God: Father, Son, and Holy Spirit.

People: **And blessed be his kingdom, now and forever. Amen.**

Celebrant: Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.**

Gloria (S278)

Gloria in excelsis

William Mathias

Opening Collect (BCP 215) - *Children may head downstairs after this reading.*

Celebrant: Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of his salvation, that we and the whole world may perceive the glory of his marvelous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The Lessons

A Reading from Jonah 3:1-5, 10

The word of the LORD came to Jonah a second time, saying, “Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you.” So Jonah set out and went to Nineveh, according to the word of the LORD. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a day's walk. And he cried out, “Forty days more, and Nineveh shall be overthrown!” And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth. When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 62:6-14

Robert Knox Kennedy

Move to the next note of the chant on the underlined text.



6 For God alone my soul in silence waits; *
truly, my hope is in him.

7 He alone is my rock and my salvation, *
my stronghold, so that I shall not be shaken.

8 In God is my safety and my honor; *
God is my strong rock and my refuge.

9 Put your trust in him always, O people, *
pour out your hearts before him, for God is our refuge.

10 Those of high degree are but a fleeting breath, *
even those of low estate cannot be trusted.

11 On the scales they are lighter than a breath, *
all of them together.

12 Put no trust in extortion; in robbery take no empty pride; *
though wealth increase, set not your heart upon it.

13 God has spoken once, twice have I heard it, *
that power belongs to God.

|| 14 Steadfast love is yours, O Lord, *
for you repay everyone according to his deeds.

A Reading from 1 Corinthians 7:29-31

I mean, brothers and sisters, the appointed time has grown short; from now on, let even those who have wives be as though they had none, and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no possessions, and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away.

Reader: The Word of the Lord.

People: Thanks be to God.

Please stand as you are able.

Sequence Hymn (470)

There's a Wideness in God's Mercy

Beecher

Holy Gospel: Mark 1:14-20

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

People: Glory be to you, Lord Christ.

After John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.” As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea—for they were fishermen. And Jesus said to them, “Follow me and I will make you fish for people.” And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

Celebrant: The Gospel of the Lord.

People: Praise to you, Lord Christ.

Sermon

The Reverend Charles R. Cowherd

Please stand as you are able.

The Nicene Creed (BCP 358)

**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, Form I (BCP 383)

With all our heart and with all our mind, let us pray to the Lord, saying “Lord, have mercy.”

For the peace from above, for the loving-kindness of God, and for the salvation of our souls, let us pray to the Lord.

Lord, have mercy.

For the peace of the world, for the welfare of the Holy Church of God, and for the unity of all peoples, let us pray to the Lord.

Lord, have mercy.

For our Bishop, and for all the clergy and people, let us pray to the Lord.

Lord, have mercy.

For our President, for the leaders of the nations, and for all in authority, let us pray to the Lord.

Lord, have mercy.

For the Town of Herndon, for every city and community, and for those who live in them, let us pray to the Lord.

Lord, have mercy.

For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.

Lord, have mercy.

For those who travel on land, on water, or in the air, or through outer space, let us pray to the Lord.

Lord, have mercy.

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord.

Lord, have mercy.

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.

Lord, have mercy.

For all who have died in the hope of the resurrection, and for all the departed, let us pray to the Lord.

Lord, have mercy.

For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.

Lord, have mercy.

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.

Lord, have mercy.

In the communion of St. Timothy and all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.

To you, O Lord our God.

Silence.

The Celebrant adds a concluding Collect.

Confession of Sin (BCP 360)

Celebrant: Let us confess our sins against God and our neighbor.

All: Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name.
Amen.

Absolution (BCP 360)

Celebrant: Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.
Amen.

Please stand.

The Peace (BCP 360)

Celebrant: The peace of the Lord be always with you.
People: And also with you.

Welcome/Announcements

Offertory Sentence

Vestry Election

Choral Anthem *Will You Come and Follow Me* arr. Tom Trenney
(If you would like to reflect on the text, it can be found in WLP 757).

Please stand as able.

Presentation Hymn *Praise God, From Whom All Blessings Flow* Puer nobis

The image shows two staves of musical notation in G major (one sharp) and 4/4 time. The first staff contains the melody for the first line of the hymn, and the second staff contains the melody for the second line. The lyrics are printed below the notes.

Praise God, from whom all bless - ings flow; praise him, all crea - tures here be - low;
praise him a - bove, ye heaven - ly host: praise Fa - ther, Son, and Ho - ly Ghost.

Holy Communion – Eucharistic Prayer C (BCP 369)

The Great Thanksgiving (BCP 369)

Celebrant: The Lord be with you.

People: And also with you.

Celebrant: Lift up your hearts.

People: We lift them to the Lord.

Celebrant: Let us give thanks to the Lord our God.

People: It is right to give God thanks and praise.

Celebrant: God of all power, Ruler of the Universe, you are worthy of glory and praise.

People: Glory to you for ever and ever.

Celebrant: At your command all things came to be: the vast expanse of interstellar space, galaxies, suns, the planets in their courses, and this fragile earth, our island home.

People: By your will they were created and have their being.

Celebrant: From the primal elements you brought forth the human race, and blessed us with memory, reason, and skill. You made us the rulers of creation. But we turned against you, and betrayed your trust; and we turned against one another.

People: Have mercy, Lord, for we are sinners in your sight.

Celebrant: Again and again, you called us to return. Through prophets and sages you revealed your righteous Law. And in the fullness of time you sent your only Son, born of a woman, to fulfill your Law, to open for us the way of freedom and peace.

People: By his blood, he reconciled us.

By his wounds, we are healed.

Celebrant: And therefore we praise you, joining with the heavenly chorus, with prophets, apostles, and martyrs, and with all those in every generation who have looked to you in hope, to proclaim with them your glory, in their unending hymn:

Sanctus (S128)

Holy, Holy, Holy Lord

William Mathias

Please stand or kneel, as you are able,

Celebrant: And so, Father, we who have been redeemed by him, and made a new people by water and the Spirit, now bring before you these gifts. Sanctify them by your Holy Spirit to be the Body and Blood of Jesus Christ our Lord. On the night he was betrayed he took bread, said the blessing, broke the bread, and gave it to his friends, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me." After supper, he took the cup of wine, gave thanks, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Celebrant: Remembering now his work of redemption, and offering to you this sacrifice of thanksgiving,

People: **We celebrate his death and resurrection, as we await the day of his coming.**

Celebrant: Lord God of our Ancestors: God of Abraham, Isaac, and Jacob; God and Father of our Lord Jesus Christ: Open our eyes to see your hand at work in the world about us. Deliver us from the presumption of coming to this Table for solace only, and not for strength; for pardon only, and not for renewal. Let the grace of this Holy Communion make us one body, one spirit in Christ, that we may worthily serve the world in his name.

People: **Risen Lord, be known to us in the breaking of the Bread.**

Celebrant: Accept these prayers and praises, Father, through Jesus Christ our great High Priest, to whom, with you and the Holy Spirit, your Church gives honor, glory, and worship, from generation to generation. **Amen.**

And now as our Savior Christ has 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.**

Fraction Anthem (S165)

Jesus, Lamb of God

William Mathias

The Invitation (BCP 364)

Celebrant: The Gifts of God for the People of God.

Communion Hymn (321)

My God, Thy Table Now is Spread

Rockingham

Please stand or kneel, as you are able.

Postcommunion Prayer (BCP 366)

Celebrant: Let us pray.

All: **Almighty and everliving God, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these holy mysteries that we are living members of the Body of your Son, and heirs of your eternal kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.**

Blessing

Celebrant: May Almighty God, who led the Wise Men by the shining of a star to find the Christ, the Light from Light, lead you also, in your pilgrimage, to find the Lord. **Amen.**

Closing Hymn (530)

Spread, O Spread, Thou Mighty Word

Gott sei Dank

Dismissal (BCP 366)

Celebrant: Alleluia, alleluia. Let us bless the Lord.

People: **Thanks be to God. Alleluia, alleluia.**

Postlude

Prelude & Fugue in Bb

J. S. Bach

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

PRAYER LIST

(Please email careteam@saint-timothys.org with any prayer concerns.)

Rest of the Soul: Harriett Beury (Bob Beury's mother)

Health: Jack Hamm (heart surgery), Norma Fernandez (stroke), Jane MacDonald (stroke), Terry Jones (vertigo)

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, hip pain), Brian Law, Jane Perry, Caroline Arlington (stroke), AG Miamee (Parkinson's disease & Alzheimers), Jerry Vandenberg, Fred McBride, Chris Connelly (Barb Kimmel's brother, severe depression), Barb Benson (friend of Bob Kimmel, Parkinson's), Cameron Barr, Leonard Johnson (Maria LaWalt's father, fall & dementia)

THIS WEEK at ST. TIMOTHY'S

Sunday, January 21 - LINK Food Drive

8:00 AM Rite I Holy Eucharist - Sanctuary

9:15 AM Adult Choir Warm-up - Music Room

10:00 AM Rite II Holy Eucharist - Sanctuary/Livestream

Monday, January 22

12:15 PM Step into Recovery - AA

4:00 PM DanceWorx - Narthex

7:00 PM Hope For Today - Al Anon

8:30 PM Monday Night Milkshake Group - AA

Tuesday, January 23

4:00 PM DanceWorx - Narthex

7:00 PM Boy Scout Troop 159 - Henry Hall

7:00 PM Vestry Meeting - Narthex

Wednesday, January 24

4:00 PM DanceWorx - Narthex

7:30 PM SA Meeting

8:00 PM New Hopefuls AA

Thursday, January 25

7:00 PM Choir Rehearsal - Music Room

7:00 PM Debtors Anonymous

Friday, January 26

10:00 AM Friday Gratitude AA

Saturday, January 27

8:00 AM MOST Breakfast

9:00 AM Altar Guild Set-Up - Sanctuary

10:00 AM Scouts Troop 159 - Henry Hall

7:00 PM Rite II Santa Eucarista - Sanctuary

ST. TIMOTHY'S 2023 ANNUAL MEETING – January 28 at 11 AM

Please join us in Henry Hall for our Annual Meeting. We will celebrate our outgoing and incoming Vestry, hear about Church Ministry Reports, take a look at the 2024 Budget, and much more. Lunch will be provided!

2024 VESTRY ELECTIONS

This weekend St. Timothy's will hold elections for Vestry members at all three of our weekend services. Anyone who is 16 years of age or older and is a communicant in good standing may cast a vote. The candidates running for the positions are Rob Huizar, John McGrath, Matt Schumann, and Rick Wilson.

LINK WINTER FOOD DRIVE

This Sunday members of the Service Ministry will be in the Narthex after each service to hand out cloth bags for you to fill with items for LINK. Attached to the bag will be a list of items that are in high demand. We will collect the food the weekends of January 20 and 21 as well as January 27 and 28. Election results will be announced at the Annual Parish meeting in Henry Hall after the 10:00 service on January 28, 2024.

ALTAR FLOWERS

Please consider making a donation for altar flowers. They are a wonderful way to celebrate an occasion such as a birthday/anniversary or honoring a loved one who has passed. You may use the sign-up board in the hallway or fill out a Flower Envelope located in the Narthex. The requested donation amount is \$65, if paying by check, please note "Altar Flowers" in the memo.

