



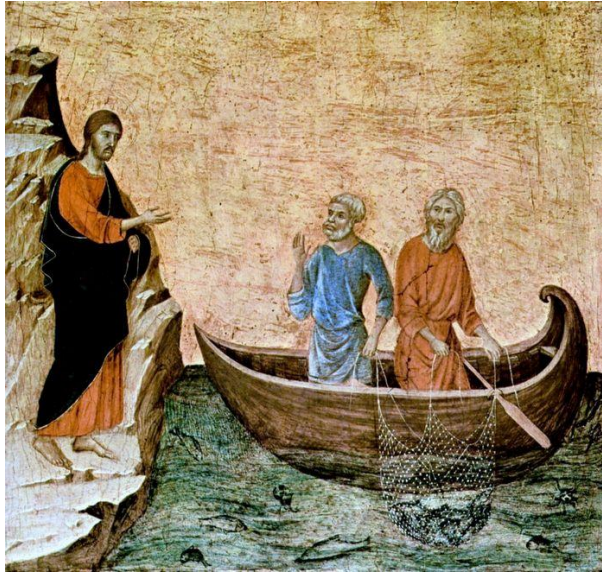
**ST. TIMOTHY'S EPISCOPAL**  
EST. HERNDON, VA • 1868

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

Sunday, January 21, 2024

Third *Sunday after the Epiphany*

8 am



*Folioart.co.uk*

### **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

### **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 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.

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

**The Rev. Brad Rundlett**, Rector Emeritus

**The Rev. Philene Ware Dunn**, Interim Latino Supply Priest

[pwardunn@cox.net](mailto:pwardunn@cox.net)

**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)

[sttimothypreschool432@gmail.com](mailto:sttimothypreschool432@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

Rick Wilson (2024)

Midori Yanagihara (2026)

## Trustees

Tom McLenigan

Keith Sinclair

Deke Smith

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

# HOLY EUCHARIST- RITE I

## The Word of God

*At the tolling of the bell, please stand.*

### Opening Acclamation and Collect for Purity (BCP 323)

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

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

### Gloria (BCP 324)

All: **Glory be to God on high,  
and on earth peace, good will towards men.  
We praise thee, we bless thee,  
we worship thee,  
we glorify thee,  
we give thee thanks to thee for thy great glory,  
O Lord God, heavenly King, God the Father Almighty.  
O Lord, the only-begotten Son, Jesus Christ;  
O Lord God, Lamb of God, Son of the Father,  
that takest away the sins of the world,  
have mercy upon us.  
Thou that takest away the sins of the world,  
receive our prayer.  
Thou that sittest at the right hand of God the Father,  
have mercy upon us.  
For thou only art holy;  
thou only art the Lord;  
thou only, O Christ,  
with the Holy Ghost,  
art most high in the glory of God the Father. Amen.**

### The Collect for the Day (BCP 163)

Celebrant: The Lord be with you.

People: **And with thy spirit.**

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 all the whole world may perceive the glory of his marvelous works; who liveth and reigneth with thee 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 (Read responsively)**

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.*

### **Holy Gospel: Mark 1:14-20**

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

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

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 be to thee, O Christ.**

*Please be seated.*

### **Sermon**

The Reverend 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: Most merciful God,  
we confess that we have sinned against thee  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved thee with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of thy Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in thy will,  
and walk in thy ways,  
to the glory of thy Name. 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: This is a true saying, and worthy of all men to be received, that Christ Jesus came into the world to save sinners. *1 Timothy 1:15*

*Please stand*

### **The Peace (BCP 332)**

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

**People: And with thy spirit.**

### **Welcome & Announcements**

### **The Offering**

### **Vestry Election**

## **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 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. Because in the mystery of the Word made flesh, thou hast caused a new light to shine in our hearts, to give the knowledge of thy glory in the face of thy Son Jesus Christ our Lord. 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 341)**

**All: Holy, holy, holy, Lord God of Hosts:  
Heaven and earth are full of thy glory.  
Glory be to thee, O Lord Most High.  
Blessed is He that cometh in the name of the Lord.  
Hosanna in the highest.**

*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, he brake 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 whom, 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:       Alleluia. Christ our Passover is sacrificed for us.

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

### **The Invitation (BCP 338)**

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

## Administration of Communion

### Post-Communion 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: 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.**

*Please stand.*

### Dismissal (BCP 340)

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

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

## PRAYER LIST

*(Please email [careteam@saint-timothys.org](mailto: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 Miamcee (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, 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.**

## 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.

