



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 28, 2024

Feast of Saint Timothy

10 am



www.bellenic-art.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

'Tis So Sweet to Trust in Jesus
At the tolling of the bell, all stand.

arr. Raymond H. Haan

Opening Hymn (699)

Jesus, Lover of My Soul

Aberystwyth

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 - *Children may head downstairs after this reading.*

Celebrant: Almighty God, who called Timothy to be an evangelist and teacher, and made him strong to endure hardship: Strengthen us to stand fast in adversity, and to live godly and righteous lives in this present time, that with sure confidence we may look for our blessed hope, the Holy Spirit, one God, now and for ever. **Amen.**

The Lessons

A Reading from 1 Timothy 4:4-16

For everything created by God is good, and nothing is to be rejected, provided it is received with thanksgiving; for it is sanctified by God's word and by prayer.

If you put these instructions before the brothers and sisters, you will be a good servant of Christ Jesus, nourished on the words of the faith and of the sound teaching that you have followed. Have nothing to do with profane myths and old wives' tales. Train yourself in godliness, for, while physical training is of some value, godliness is valuable in every way, holding promise for both the present life and the life to come. The saying is sure and worthy of full acceptance. For to this end we toil and struggle, because we have our hope set on the living God, who is the Saviour of all people, especially of those who believe.

These are the things you must insist on and teach. Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity. Until I arrive, give attention to the public reading of scripture, to exhorting, to teaching. Do not neglect the gift that is in you, which was given to you through prophecy with the laying on of hands by the council of elders. Put these things into practice, devote yourself to them, so that all may see your progress. Pay close attention to yourself and to your teaching; continue in these things, for in doing this you will save both yourself and your hearers.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 112:1-9

Robert Knox Kennedy

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



1 Hallelujah!

Happy are they who fear the Lord *
and have great delight in his commandments!

2 Their descendants will be mighty in the land; *
the generation of the upright will be blessed.

3 Wealth and riches will be in their house, *
and their righteousness will last for ever.

4 Light shines in the darkness for the upright; *
the righteous are merciful and full of compassion.

5 It is good for them to be generous in lending *
and to manage their affairs with justice.

6 For they will never be shaken; *
the righteous will be kept in everlasting remembrance.

7 They will not be afraid of any evil rumors; *
their heart is right;
they put their trust in the Lord.

8 Their heart is established and will not shrink, *
until they see their desire upon their enemies.

|| 9 They have given freely to the poor, *
and their righteousness stands fast for ever;
they will hold up their head with honor.

Please stand as you are able.

Sequence Hymn

Be Still, My Soul

Finlandia

1. Be still, my soul: the Lord is on thy side. Bear pa-tient-ly the
2. Be still, my soul: thy God doth un-der-take_ to guide the fu-ture
3. Be still, my soul: the hour is has-tening on_ when we shall be for-

cross of grief or pain. Leave to thy God to or-der and pro-vide,
sure-ly as the past. Thy hope, thy con-fi-dence let noth-ing shake;
ev-er with the Lord; when dis-ap-point-ment, grief, and fear are gone,

who through all chang-es faith-ful will re-main. Be still, my soul: thy
all now mys-te-ri-ous shall be bright at last. Be still, my soul: the
sor-row for-got, love's pur-est joys re-stored. Be still, my soul: when

best, thy heaven-ly Friend through thorn-y ways leads to a joy-ful end.
waves and winds still know his voice who ruled them while he dwelt be-low.
change and tears are past all safe and bless-ed we shall meet at last.

Holy Gospel: John 10:1-10

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

People: **Glory be to you, Lord Christ.**

Jesus said, "Very truly, I tell you, anyone who does not enter the sheepfold by the gate but climbs in by another way is a thief and a bandit. The one who enters by the gate is the shepherd of the sheep. The gatekeeper opens the gate for him, and the sheep hear his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes ahead of them, and the sheep follow him because they know his voice. They will not follow a stranger, but they will run from him because they do not know the voice of strangers." Jesus used this figure of speech with them, but they did not understand what he was saying to them. So again Jesus said to them, "Very truly, I tell you, I am the gate for the sheep. All who came before me are thieves and bandits; but the sheep did not listen to them. I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture. The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly."

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 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

You satisfy the hungry heart with gift of finest wheat.
Come give to us, O saving Lord, the bread of life to eat.

As when the shepherd calls his sheep, they know and heed his voice;
So when you call your fam'ly Lord, we follow and rejoice.

With joyful lips we sing to you our praise and gratitude
that you should count us worthy, Lord, to share this heav'nly food.

Is not the cup we bless and share the blood of Christ outpoured?
Do not ne cup, one loaf, declare our oneness in the Lord?

The myst'ry of your presence, Lord, no mortal tongue can tell:
whom all the world cannot contain comes in our hearts to dwell.

You give yourself to us, O Lord; then selfless let us be,
to serve each other in your name in truth and charity.

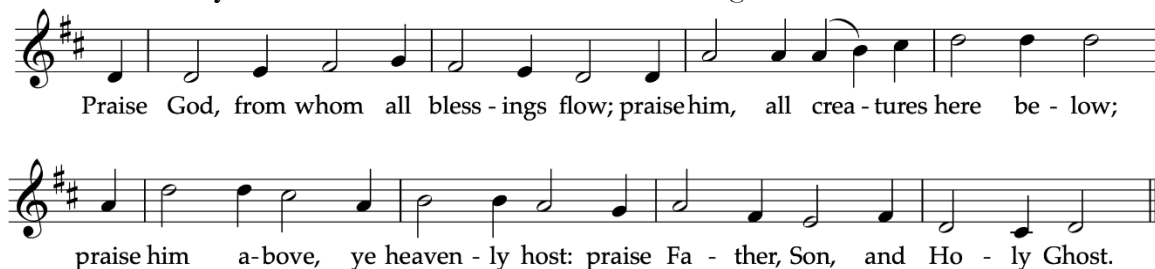
-Omer Westendorf, 1977

Please stand as able.

Presentation Hymn

Praise God, From Whom All Blessings Flow

Puer nobis



Praise God, from whom all blessings flow; praise him, all creatures here be low;
praise him above, ye heavenly host: praise Father, Son, and Holy 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
(LEVAS 108)**

'Tis So Sweet to Trust in Jesus

Kirkpatrick

1. 'Tis so sweet to trust in Je - sus, Just to take Him at His word.
2. O how sweet to trust in Je - sus, Just to trust His cleans - ing blood.
3. Yes, 'tis sweet to trust in Je - sus, Just from sin and self to cease.
4. I'm so glad I learned to trust thee, Pre - cious Je - sus, Sa - vior, Friend;

1. Just to rest up - on His prom - ise, Just to know, "Thus saith the Lord."
2. Just in sim - ple faith to plunge me 'Neath the heal - ing, cleans - ing flood!
3. Just from Je - sus sim - ply tak - ing Life and rest and joy and peace.
4. And I know that thou art with me, Wilt be with me to the end.

Je - sus, Je - sus, how I trust Him! How I've proved Him o'er and o'er!

Je - sus, Je - sus, pre - cious Je - sus! O for grace to trust Him more!

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: God give you grace to share the inheritance of his saints in glory; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. Amen.

Closing Hymn
(708 v 1, 2, 1)

Savior, Like a Shepherd Lead Us

Sicilian Mariners

Dismissal (BCP 366)

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

People: Thanks be to God. Alleluia, alleluia.

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PRAYER LIST

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

Rest of the Soul: Harriett Beury (Bob Beury's mother), David Corsi & Barbara Casanti, Leonard Johnson (Maria LaWalt's father)

Health: 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

THIS WEEK at ST. TIMOTHY'S

Sunday, January 28 - 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

11:00 AM St. Timothy's 2024 Annual Meeting – Henry Hall

Monday, January 29

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 30

4:00 PM DanceWorx - Narthex

7:00 PM Boy Scout Troop 159 - Henry Hall

Wednesday, January 31

4:00 PM DanceWorx - Narthex

7:30 PM SA Meeting

8:00 PM New Hopefuls AA

Thursday, February 1

7:00 PM Choir Rehearsal - Music Room

7:00 PM Debtors Anonymous

Friday, February 2

10:00 AM Friday Gratitude AA

Saturday, February 3

9:00 AM Altar Guild Set-Up - Sanctuary

7:00 PM Rite II Santa Eucarista - Sanctuary

LINK WINTER FOOD DRIVE

The LINK drive ends this Sunday (January 28th) and Service Ministry staff will be in the Narthex to collect your bags. As always, you may bring your bags to the Church during business hours and drop them off at the LINK basket in the hallway near Henry Hall. Thank you for your generosity.

PANCAKE SUPPER – February 13th from 6-7:30 pm

Join us with family and friends for some delicious food and fellowship in Henry Hall. Please use the signup sheet in Henry Hall if you plan to attend or contact the church office.