



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

8 am



www.hellenic-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

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 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

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)

sttimothyspreschool432@gmail.com

Debbie Stolar, Parish Administrator (x10)

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

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

Celebrant: The Lord be with you.

People: **And with thy spirit.**

Celebrant: Almighty God, who called Timothy and 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.**

Psalms 112:1-9 (Read responsively)

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.

Holy Gospel: John 10:1-10

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

People: Glory be to thee, O Lord.

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 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, 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

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. For the wonderful grace and virtue declared in all thy saints, who have been the chosen vessels of thy grace, and the lights of the world in their generations. 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: 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.

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 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 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

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

ST. TIMOTHY'S 2024 ANNUAL MEETING – Today

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!

LINK WINTER FOOD DRIVE

We are halfway through our Winter Food Drive, and we collected several dozen stuffed blue bags. Thank you so much for the generous donations. The items collected last week have been delivered to the LINK pantry and will be going out to families starting this week! If you have not brought in your bag that is not a problem. **The 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. We are grateful to St. Timothy's family for all their generosity. The Service Ministry thanks you for putting your faith to work to serve our neighbors.

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.

