



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

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

Sunday, February 18, 2024

First Sunday of Lent

8:00 am



Weekly Services:

Sunday, 8:00 a.m.

Sunday, 10:00 a.m.

Sábado, 7:00 p.m.

Holy Eucharist Rite I, spoken

Holy Eucharist Rite I with Choir (Godly Play for ages 3–9 in Rm. B-1)

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

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 – Kristie Rudolph (2025)

Jr. Warden – Rick Wilson (2027)

Betsy Bosworth (2025)

Carolyn Hamm (2025)

Rob Huizar (2027)

Maria LaWalt (2025)

Vilma Lemus (2026)

John McGrath (alternate)

Matt Schumann (2027)

Midori Yanagihara (2026)

Trustees

Tom McLenigan

Keith Sinclair

Deke Smith

HOLY EUCHARIST- RITE I

Opening Acclamation and Collect for Purity (BCP 323)

Celebrant: Bless the Lord who forgiveth all our sins.

People: His mercy endureth 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.**

The Great Litany (BCP 148)

Celebrant: O God the Father, Creator of heaven and earth,

People: Have mercy upon us.

Celebrant: O God the Son, Redeemer of the world,

People: Have mercy upon us.

Celebrant: O God the Holy Ghost, Sanctifier of the faithful,

People: Have mercy upon us.

Celebrant: O holy, blessed, and glorious Trinity, one God,

People: Have mercy upon us.

Celebrant: Remember not, Lord Christ, our offenses, nor the offenses of our forefathers; neither reward us according to our sins. Spare us, good Lord, spare thy people, whom thou hast redeemed with thy most precious blood, and by thy mercy preserve us for ever.

People: Spare us, good Lord.

Celebrant: From all evil and wickedness; from sin; from the crafts and assaults of the devil; and from everlasting damnation,

People: Good Lord, deliver us.

Celebrant: From all blindness of heart; from pride, vainglory, and hypocrisy; from envy, hatred and malice; and from all want of charity,

People: Good Lord, deliver us.

Celebrant: From all inordinate and sinful affections; and from all the deceits of the world, the flesh, and the devil,

People: Good Lord, deliver us.

Celebrant: From all false doctrine, heresy, and schism; from hardness of heart, and contempt of thy Word and commandment,

People: **Good Lord, deliver us.**

Celebrant: From lightning and tempest; from earthquake, fire, and flood; from plague, pestilence, and famine,

People: **Good Lord, deliver us.**

Celebrant: From all oppression, conspiracy, and rebellion; from violence, battle, and murder; and from dying suddenly and unprepared,

People: **Good Lord, deliver us.**

Celebrant: By the mystery of the holy Incarnation; by the holy Nativity and submission to the Law; by thy Baptism, Fasting, and Temptation,

People: **Good Lord, deliver us.**

Celebrant: By thine Agony and Bloody Sweat; by thy Cross and Passion; by thy precious Death and Burial; by thy glorious Resurrection and Ascension; and by the Coming of the Holy Ghost,

People: **Good Lord, deliver us.**

Celebrant: In all time of our tribulation; in all time of our prosperity; in the hour of death, and in the day of judgement,

People: **Good Lord, deliver us.**

Celebrant: We sinners do beseech thee to hear us, O Lord God; and that it may please thee to rule and govern the holy Church Universal in the right way,

People: **We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to illumine all bishops, priests, and deacons, with true knowledge and understanding of thy Word; and that both by their preaching and living, they may set it forth, and show it accordingly,

People: **We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to bless and keep all thy people,

People: **We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to send forth laborers into thy harvest, and to draw all mankind into thy kingdom,

People: **We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to give to all people increase of grace to hear and receive thy Word, and to bring forth the fruits of the Spirit,

People: **We beseech thee to hear us, good Lord.**

Celebrant: That it may please thee to bring into the way of truth all such as have erred, and are deceived,

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee to give us a heart to love and fear thee, and diligently to live after thy commandments,

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee so to rule the hearts of thy servants, the President of the United States, and all others in authority, that they may do justice and love mercy, and walk in the ways of truth,

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee to make wars to cease in all the world; to give to all nations unity, peace, and concord; and to bestow freedom upon all peoples,

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee to show thy pity upon all prisoners and captives, the homeless and the hungry, and all who are desolate and oppressed,

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee to give and preserve to our use the bountiful fruits of the earth, so that in due time all may enjoy them,

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee to inspire us, in our several callings, to do the work which thou givest us to do with singleness of heart as thy servants, and for the common good.

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee to preserve all who are in danger by reason of their labor or their travel,

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee to preserve, and provide for, all women in childbirth, young children and orphans, the widowed, and all whose homes are broken or torn by strife,

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee to visit the lonely; to strengthen all who suffer in mind, body, and spirit; and to comfort with thy presence those who are failing and infirm,

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee to support, help, and comfort all who are in danger,
necessity, and tribulation,

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee to have mercy upon all mankind,

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee to give us true repentance; to forgive us all our sins,
negligences, and ignorances; and to endue us with the grace of thy Holy Spirit to
amend our lives according to thy holy Word,

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee to forgive our enemies, persecutors, and slanderers, and to
turn their hearts,

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee to strengthen such as do stand; to comfort and help the
weak-hearted; to raise up those who fall; and finally to beat down Satan under our
feet,

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee to grant to all the faithful departed eternal life and peace,

People: We beseech thee to hear us, good Lord.

Celebrant: That it may please thee to grant that, in the fellowship of all the saints, we may
attain to thy heavenly kingdom,

People: We beseech thee to hear us, good Lord.

Celebrant: Son of God, we beseech thee to hear us,

People: Son of God, we beseech thee to hear us.

Celebrant: O Lamb of God, that takest away the sins of the world,

People: Have mercy upon us.

Celebrant: O Lamb of God, that takest away the sins of the world,

People: Have mercy upon us.

Celebrant: O Lamb of God, that takest away the sins of the world,

People: Have mercy upon us.

Celebrant: O Christ, hear us.

People: O Christ, hear us.

Celebrant: Lord, have mercy upon us.
People: Christ, have mercy upon us.
Celebrant: Lord, have mercy upon us.

The Collect for the Day (BCP 166)

Celebrant: The Lord be with you.
People: And with thy spirit.

Celebrant: Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. **Amen.**

Please be seated.

The Lessons

A Reading from Genesis 9:8-17

God said to Noah and to his sons with him, “As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.” God said, “This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.” God said to Noah, “This is the sign of the covenant that I have established between me and all flesh that is on the earth.”

Reader: The Word of the Lord.
People: Thanks be to God.

Psalm 25:1-9 (Read responsively)

1 To you O Lord, I lift up my soul; my God I put my trust in you; *
let me not be humiliated, nor let my enemies triumph over me.
2 Let none who look to you be put to shame; *
let the treacherous be disappointed in their schemes.

3 Show me your ways, O Lord, *

and teach me your paths.

4 Lead me in your truth and teach me, *

for you are the God of my salvation; in you have I trusted all the day long.

5 Remember O Lord, your compassion and love, *

for they are from everlasting.

6 Remember not the sins of my youth and my transgressions; *

remember me according to your love and for the sake of your goodness, O Lord.

7 Gracious and upright is the Lord; *

therefore he teaches sinners in his way.

8 He guides the humble in doing right *

and teaches his way to the lowly.

A Reading from 1 Peter 3:18-22

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

Reader: The Word of the Lord.

People: Thanks be to God.

Please stand.

Holy Gospel: Mark 1:9-15

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

People: Glory be to thee, O Lord.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now 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."

Reader: The Gospel of the Lord.
People: Praise be to thee, O Christ.

Please be seated.

Sermon

The Rev. 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

The Peace (BCP 332)

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

People: And with thy spirit.

Please be seated.

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 the 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. Through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again. 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 334)

**All: Holy, holy, holy, Lord God of Hosts:
Heaven and earth are full of thy glory.
Glory be to thee, O Lord Most High.**

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 to thee, he broke 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: Christ our Passover is sacrificed for us.

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

The Invitation (BCP 338)

Celebrant: The Gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

Administration of Communion

Please stand.

Postcommunion 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: Grant, most merciful Lord, to your faithful people pardon and peace, that they may be cleansed from all their sins, and serve you with a quiet mind; through Christ our Lord. **Amen.**

Please stand.

Dismissal (BCP 340)

Celebrant: Go in peace to love and serve the Lord.

People: Thanks be to God.

PRAYER LIST:

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

Rest of the Soul: Grace Contento, Audrey Hutchingson Saunders (former Parish Administrator)

Caroline Arlington, Fred McBride (Shon Beury's father)

Health: Carmen Huizar (Rob Huizar's mother)

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, AG Miamer (Parkinson's disease & Alzheimers), Jerry Vandenberg, 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, February 18

- 8:00 AM Rite I Holy Eucharist - Sanctuary
- 9:00 AM Psychology & Spirituality 2.0 – Sanctuary & Livestream
- 9:15 AM Adult Choir Warm-up - Music Room
- 10:00 AM Rite II Holy Eucharist - Sanctuary/Livestream

Monday, February 19 – Church Office Closed

- 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, February 20

- 4:00 PM DanceWorx – Narthex
- 7:00 PM Boy Scout Troop 159 - Henry Hall

Wednesday, February 21

- 12:00 PM Lenten Healing Eucharist - Sanctuary
- 4:00 PM DanceWorx – Narthex
- 7:30 PM Finance Committee - Zoom
- 7:30 PM SA Meeting
- 8:00 PM New Hopefuls AA

Thursday, February 22

- 7:00 PM Choir Rehearsal - Music Room
- 7:00 PM Debtors Anonymous

Friday, February 23

- 10:00 AM Friday Gratitude AA

Saturday, February 24

- 8:00 AM MOST Breakfast
- 9:00 AM Altar Guild Set-Up - Sanctuary
- 7:00 PM Rite II Santa Eucarista - Sanctuary

LENTEN SERIES ADULT FORUM – Begins Today at 9 AM

Join us in the Sanctuary (or view the Live Stream), at 9:00 am, to hear Parishioner Ronald Boggio lead us in the Lenten series entitled: “Psychology and Spirituality 2.0.” This is a five-session series, **that will run through March 17th**, in which we will be looking at several important psychological theorists and their contributions to how we understand human development and personality formation, as well as the clinical and spiritual implications of their theories.

LENTEN HEALING EUCHARISTS – starts February 21st at 12 pm

Please join us in the Sanctuary, February 21st – March 27th for the Wednesday Healing Eucharists. Come and celebrate this liturgical season with a service of meditation and prayer.

EASTER FLOWERS

Would you like to donate for an Easter Flower to be displayed in our sanctuary? **If you wish, you may dedicate the flower to a friend or loved one.** Please contact the church by phone or email at office@saint-timothys.org by **March 25th** with your special dedication. You may also use a Flower Envelope located in the Narthex. **Mark your check, Easter Flowers.**

HELP DECORATE FOR EASTER – March 30th at 9 am

The Altar Guild will be decorating the Sanctuary for Easter services on March 30th at 9 am until completed. They welcome anyone who wishes to help. Don't have time but still want to help? Please consider making a donation for Easter flowers. For more information contact **Mary McLenigan at 703-391-2950**.

EASTER EGG HUNT, MARCH 31st at 11 am

St. Timothy's will have a Easter Egg Hunt immediately after the 10 am service on Easter Sunday. All children 12 and under are invited to participate. Please bring a basket (or other container) and meet at the Narthex. Volunteers will be around to assist. If you have any questions or would like to volunteer, **please email Sarah Hobson at sarahlhobson@hotmail.com**.

VACATION BIBLE STUDY, JULY 29 – AUGUST 2nd

“St. Timothy's is Back!” and so is Vacation Bible School! We are excited to host a week of summer fun, faith, and fellowships here at St. Timothy's. The camp will run from 9 AM to 12 PM Monday through Friday and feature music, games, and lots more. Stay tuned for more details but if you are interested in planning, helping out, or having your children attend, please contact Charles at **priest@saint-timotheys.org**.

SHINE MONT NEWS!

Shrine Mont Camps Filling Up Fast - Camp ministry transforms so many lives within our Diocese, so make sure the children in your life get to join in the experience this summer! Go to Shrinemont.com to register now!

