



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

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

Sunday, February 25, 2024

*Second Sunday of Lent*

10:00 am



[ivingchurch.org](http://ivingchurch.org)

### **Weekly Services:**

Sunday, 8:00 a.m.	Holy Eucharist Rite I, spoken
Sunday, 10:00 a.m.	Holy Eucharist Rite I 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.*

<b>The Rev. Charles R. Cowherd</b> , Rector (x12)	<a href="mailto:priest@saint-timothis.org">priest@saint-timothis.org</a>
<b>The Rev. Brad Rundlett</b> , Rector Emeritus	
<b>The Rev. Philene Ware Dunn</b> , Interim Latino Supply Priest	<a href="mailto:pwaredunn@cox.net">pwaredunn@cox.net</a>
<b>Deb Angerman</b> , Bookkeeper (x13)	<a href="mailto:bookkeeper@saint-timothis.org">bookkeeper@saint-timothis.org</a>
<b>Julio Cuellar</b> , Latino Service Musician	<a href="mailto:juliocuellar@music@yahoo.com">juliocuellar@music@yahoo.com</a>
<b>Todd Grivetti</b> , Organist/Choirmaster (x16)	<a href="mailto:music@saint-timothis.org">music@saint-timothis.org</a>
<b>Allyson Showalter</b> , Preschool Director (x14)	<a href="mailto:sttimothispreschool432@gmail.com">sttimothispreschool432@gmail.com</a>
<b>Debbie Stolar</b> , Parish Administrator (x10)	<a href="mailto:office@saint-timothis.org">office@saint-timothis.org</a>

## 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

*Swing Low, Sweet Chariot*  
(Laura Henderson, guest organist)  
*At the tolling of the bell, all stand.*

Roy Belfield  
(b. 1968)

#### Opening Hymn (675)

*Take Up Your Cross, the Savior Said*

Bourbon

#### 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.**

#### Kyrie (WLP 835)

*Kyrie eleison*

Don Pearson

#### The Collect for the Day (BCP 166) – *Children may head downstairs after this reading.*

Celebrant: The Lord be with you.

**People: And with thy spirit.**

Celebrant: O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from thy ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of thy Word, Jesus Christ thy Son; who with thee and the Holy Spirit liveth and reigneth, one God, for ever and ever. **Amen.**

*Please be seated.*

## The Lessons

### A Reading from Genesis 17:1-7, 15-16

When Abram was ninety-nine years old, the LORD appeared to Abram, and said to him, "I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous." Then Abram fell on his face; and God said to him, "As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you. God said to Abraham, "As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her."

Reader: The Word of the Lord.

People: **Thanks be to God.**

### Psalm 22:22-30

James Frazier

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



- 22 Praise the Lord, you that fear him; \*  
stand in awe of him, O offspring of Israel; all you of Jacob's line, give glory.
- 23 For he does not despise nor abhor the poor in their poverty;  
neither does he hide his face from them; \*  
but when they cry to him he hears them.
- 24 My praise is of him in the great assembly; \*  
I will perform my vows in the presence of those who worship him.
- 25 The poor shall eat and be satisfied, and those who seek the Lord shall praise him; \*  
"May your heart live for ever!"
- 26 All the ends of the earth shall remember and turn to the Lord, \*  
and all the families of the nations shall bow before him.
- 27 For kingship belongs to the Lord; \*  
he rules over the nations.
- 28 To him alone all who sleep in the earth bow down in worship; \*  
all who go down to the dust fall before him.

29 My soul shall live for him; my descendants shall serve him; \*  
they shall be known as the Lord's for ever.

|| 30 They shall come and make known to a people yet unborn \*  
the saving deeds that he has done.

### **A Reading from Romans 4:13-25**

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. Hoping against hope, he believed that he would become "the father of many nations," according to what was said, "So numerous shall your descendants be." He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore his faith "was reckoned to him as righteousness." Now the words, "it was reckoned to him," were written not for his sake alone, but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.

Reader: The Word of the Lord.

People: **Thanks be to God.**

*Please stand.*

### **Sequence Hymn (691)**

*My Faith Looks Up to Thee*

Olivet

*Please stand.*

### **Holy Gospel: Mark 8:31-38**

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

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

Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise

again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, “Get behind me, Satan! For you are setting your mind not on divine things but on human things.” He called the crowd with his disciples, and said to them, “If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.”

Reader: The Gospel of the Lord.

People: Praise be to thee, O Christ.

*Please be seated.*

**Sermon**

The Rev. Charles R. Cowherd

*Please stand as you are able.*

**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: Almighty God,  
Father of our Lord Jesus Christ,  
maker of all things, judge of all men:  
We acknowledge and bewail our manifold sins  
and wickedness,  
which we from time to time most grievously have committed,  
by thought, word, and deed, against thy divine Majesty,  
provoking most justly thy wrath and indignation against us.  
We do earnestly repent,  
and are heartily sorry for these our misdoings;  
the remembrance of them is grievous unto us,  
the burden of them is intolerable.  
Have mercy upon us,  
have mercy upon us, most merciful Father;  
for thy Son our Lord Jesus Christ's sake,  
forgive us all that is past;  
and grant that we may ever hereafter  
serve and please thee in newness of life,  
to the honor and glory of thy Name;  
through Jesus Christ, our Lord. 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: If any man sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the perfect offering for our sins, and not for ours only, but for the sins of the whole world.  
*(1 John 2:1-2)*

*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

### Offertory Sentence

### The Offering

## Choral Anthem

*A Prayer of St. Richard of Chichester*

L. J. White

O holy Jesus, most merciful redeemer,  
Friend and brother, may I know thee more clearly,  
Love thee more dearly, and follow thee more nearly. Amen.

-St. Richard of Chichester (c. 1197-1253)

*Please stand as you are able.*

## Presentation Hymn

*Praise God, From Whom All Blessings Flow*

Erhalt uns, Herr

The image shows two staves of musical notation in G major (one sharp). The first staff contains the melody for the first line of the hymn: "Praise God, from whom all\_ bless-ings flow; praise him, all crea-tures here be - low;". The second staff contains the melody for the second line: "praise him a - bove, ye heaven-ly host: praise Fa - ther, Son, and Ho - ly Ghost." The lyrics are written below the notes.

## 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,

**Sanctus (WLP 858)**

*Holy, Holy, Holy Lord*

Land of Rest

*Please 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, 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.

**Fraction Anthem (S169)**

*My Flesh is Food Indeed*

Ray W. Urwin

## The Administration of Communion

**Communion Hymn (328)**

*Draw Nigh and Take the Body of the Lord*

Song 46

*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.**

**Closing Hymn (636)**

*How Firm a Foundation, Ye Saints of the Lord*

Foundation

*Please stand.*

### Dismissal (BCP 340)

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

People: **Thanks be to God.**

**Postlude**

*Postludio*

Constante Adolfo Bossi  
(1876 – 1953)

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Please welcome today's guest organist Laura Henderson! Laura has most recently worked as Assistant Director of Music in Georgetown University's Campus Ministry. She now serves as a substitute organist in the DC area while raising her two young children in Arlington. She is a cradle Episcopalian.

## PRAYER LIST:

*(Please email [careteam@saint-timothys.org](mailto:careteam@saint-timothys.org) with any prayer concerns.)*

**Rest of the Soul:** Caroline Arlington, Fred McBride (Shon Beury's father), Laura Murphy (mother of Shawn Sullivan), Thomas Dills (cousin of Kerrie Wilson), Trever Brown (Sterling Volunteer Fire Department)

**Health:** Carmen Huizar (Rob Huizar's mother), Duncan Hutcheon (hip replacement), Beth Hwoschinsky (healing of leg DVT), Kevin Loftus (intestine healing), Tina Pinkard (knee surgery)

**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 Miamie (Parkinson's disease & Alzheimers), Jerry Vandenberg, Chris Connelly (Barb Kimmel's brother, severe depression), Barb Benson (friend of Bob Kimmel, Parkinson's), Cameron Barr

## Vestry

**Sr. Warden** – Kristie Rudolph (2025)

Betsy Bosworth (2025)

Maria LaWalt (2025)

Matt Schumann (2027)

Carolyn Hamm (2025)

Vilma Lemus (2026)

Midori Yanagihara (2026)

**Jr. Warden** – Rick Wilson (2027)

Rob Huizar (2027)

John McGrath (alternate)

## Trustees

Tom McLenigan

Keith Sinclair

Deke Smith

## LENTEN SERIES ADULT FORUM – 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." Today is the second of 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

Please join us in the Sanctuary, February 28<sup>th</sup> – March 27<sup>th</sup> for the Wednesday Healing Eucharists. Come and celebrate this liturgical season with a service of meditation and prayer.

## THIS WEEK at ST. TIMOTHY'S

### Sunday, February 25

- 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 26

- 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 27

- 10:00 AM Generations Ministry Meeting – Conference Room
- 4:00 PM DanceWorx – Narthex
- 7:00 PM Boy Scout Troop 159 – Henry Hall

### Wednesday, February 28

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

### Thursday, February 29

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

### Friday, March 1

- 10:00 AM Friday Gratitude AA

### Saturday, March 2

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

## HYPOTHERMIA SHELTER DINNERS, March 2 & 16th

St. Timothy's has a long history of helping with meals for the shelter. This year we are scheduled for **Saturday March 2<sup>nd</sup> and Saturday March 16<sup>th</sup>**. The meal should include a main course, appropriate sides (salad, vegetable, etc.), a dessert and beverages. We also provide paper goods, cups, and utensils. We drop the meals off around 6:00 and they are served by the shelter staff. If you are interested in helping by providing any part of the meal for one of these dates, please write to [service@saint-timothys.org](mailto:service@saint-timothys.org).

## SERVICE MINISTRY LENTEN OUTREACH PROJECT

St. Timothy's will be collecting serviceable musical instruments, woodwind, brass & string, no keyboard, pianos, or recorders, for high school band and orchestra students from **February 25 – March 17**. They will be donated to Park View High School and Sterling Middle School, both Title 1 schools, with children from low-income families. **Service ministry will collect the instruments after the 8 & 10 am services on March 17**. For questions, please email [service@saint-timothys.org](mailto:service@saint-timothys.org).

## EASTER EGG HUNT, MARCH 31<sup>st</sup> at 11 am

St. Timothy's will have an 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](mailto:sarahlhobson@hotmail.com)**.

## VACATION BIBLE STUDY, JULY 29 – AUGUST 2<sup>nd</sup>

“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. To volunteer, register or for questions, please contact Charles at [priest@saint-timothys.org](mailto:priest@saint-timothys.org).