



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 4, 2024

Fifth Sunday after the Epiphany

10 am



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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

Immortal, Invisible, God Only Wise
At the tolling of the bell, all stand.

Walter C. Smith
(Guitar Ensemble)

Opening Hymn (401)

The God of Abraham Praise

Leoni

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 (BCP 216) - *Children may head downstairs after this reading.*

Celebrant: Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

The Lessons

A Reading from Isaiah 40:21-31

Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and makes the rulers of the earth as nothing. Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble. To whom then will you compare me, or who is my equal? says the Holy One. Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing. Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the LORD, and my right is disregarded by my God"? Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Psalm 147:1-12

Robert Knox Kennedy

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



1 Hallelujah! How good it is to sing praises to our God! *

how pleasant it is to honor him with praise!

2 The LORD rebuilds Jerusalem; *

he gathers the exiles of Israel.

3 He heals the brokenhearted *

and binds up their wounds.

4 He counts the number of the stars *

and calls them all by their names.

5 Great is our LORD and mighty in power; *

there is no limit to his wisdom.

- 6 The LORD lifts up the lowly, *
but casts the wicked to the ground.
- 7 Sing to the LORD with thanksgiving; *
make music to our God upon the harp.
- 8 He covers the heavens with clouds *
and prepares rain for the earth;
- 9 He makes grass to grow upon the mountains *
and green plants to serve mankind.
- 10 He provides food for flocks and herds *
and for the young ravens when they cry.
- 11 He is not impressed by the might of a horse; *
he has no pleasure in the strength of a man;
- 12 But the LORD has pleasure in those who fear him, *
in those who await his gracious favor. Hallelujah!

A Reading from 1 Corinthians 9:16-23

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel. For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

Reader: The Word of the Lord.

People: **Thanks be to God.**

Please stand as you are able.

Sequence Hymn (529)

In Christ There is No East or West

McKee

Holy Gospel: Mark 1:29-39

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

People: Glory be to you, Lord Christ.

After Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

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

Choral Anthem

Bless the Lord, My Soul

Bach/Hopson

Bless the Lord, my soul; Bless His holy name,
All within me bless and praise His name forevermore.
He forgives all wrong; saving health bestows.
He redeems my life from death, His love is ever sure.

Praise the Righteous Lord. He brings hope, and justice;
He brings hope to all. The Lord brings hope.
The cry of the oppressed He hears. His power is just,
His love is ever sure.

Bless, bless the Lord forever. All within me bless His name.
As the heavens are high above the earth,
So His love is forever sure.
Bless His holy name.

Please stand as able.

Presentation Hymn

Praise God, From Whom All Blessings Flow

Puer nobis

The image shows two staves of musical notation in G major (one sharp) and 4/4 time. The first staff contains the melody for the first line of the hymn, and the second staff contains the melody for the second line. The lyrics are printed below the notes.

Praise God, from whom all bless - ings flow; praise him, all crea - tures here be - low;
praise him a - bove, ye heaven - ly host: praise Fa - ther, Son, and Ho - ly 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.

Anthem

On Eagle's Wings
(Guitar Ensemble)

Michael Joncas

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: May Almighty God, who led the Wise Men by the shining of a star to find the Christ, the Light from Light, lead you also, in your pilgrimage, to find the Lord. **Amen.**

Closing Hymn (566)

From Thee All Skill And Science Flow

The Church's Desolation

Dismissal (BCP 366)

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

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

Postlude

Fantasia on 'Leoni'

John S. Dixon

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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), Grace Contento

Health: Norma Fernandez (stroke), Jane MacDonald (stroke), Terry Jones (vertigo), 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, 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

Vestry

Sr. Warden – Kristie Rudolph (2025)

Jr. Warden – Rick Wilson (2027)

Betsy Bosworth (2025)

Carolyn Hamm (2025)

Rob Huizar (2027)

Maria LaWalt (2025)

Wilma Lemus (2026)

John McGrath (alternate)

Matt Schumann (2027)

Midori Yanagihara (2026)

Trustees

Tom McLenigan

Keith Sinclair

Deke Smith

THIS WEEK at ST. TIMOTHY'S

Sunday, February 4

8:00 AM Rite I Holy Eucharist - Sanctuary

9:15 AM Adult Choir Warm-up - Music Room

10:00 AM Rite II Holy Eucharist - Sanctuary/Livestream

Monday, February 5

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 6

4:00 PM DanceWorx - Narthex

7:00 PM Boy Scout Troop 159 - Henry Hall

Wednesday, February 7

1:00 PM Shawl Ministry – Narthex

4:00 PM Community Engagement - Kitchen

4:00 PM DanceWorx – Narthex

6:30 PM Worship Committee - Zoom

7:30 PM SA Meeting

8:00 PM New Hopefuls AA

Thursday, February 8

7:00 PM Choir Rehearsal - Music Room

7:00 PM Debtors Anonymous

Friday, February 9

10:00 AM Friday Gratitude AA

Saturday, February 10

9:00 AM Altar Guild Set-Up - Sanctuary

7:00 PM Rite II Santa Eucarista - Sanctuary

CONGRATULATIONS TO OUR NEW VESTRY MEMBERS

Congratulations to Rob Huizar (Class of 2027), Matt Schumann (Class of 2027), and Rick Wilson (Class of 2027) and John McGrath (alternate) for volunteering their time and talents to serve on the Vestry.

Thank you to all who humbly commit to serve in the leadership and ministries at St. Timothy's (especially to Dave Dopsovic and Tom Davis, rolling off the Vestry this year!) We also congratulate our new Wardens, Kristie Rudolph (Senior Warden) and Rick Wilson (Junior Warden).

THANK YOU!

The Annual Meeting and Luncheon held on January 28th was a remarkable success! Thanks to the many who made cookies, setup, cleaned up and kept the buffet line moving: Sarah Daly, Tom Davis, David Dopsovic, Kathy Froemming, Hal Hallett, Holly Hartge, Rob Huizar, Maria Lawalt, Vilma Lemus, Kent Miller, Glenn Rudolph, and Kerrie & Rick Wilson.

LINK WINTER FOOD DRIVE

The Service Ministry would like to thank St. Timothy's for their generous donations to LINK. We continually are amazed of the outpouring of support for LINK. If you still have food to donate, please drop off your bags to the Church during business hours and drop them in the LINK basket in the hallway near Henry Hall. If you have any unused bags, please drop them off as well so we can use them for the next drive. We are grateful to St. Timothy's family for all their 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.