



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

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

Sunday, March 10, 2024

*Fourth Sunday in Lent*

10:00 am



*[www.jesusvictory.org.uk](http://www.jesusvictory.org.uk)*

### **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 I, 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-timothys.org">priest@saint-timothys.org</a>
<b>The Rev. Brad Rundlett</b> , Rector Emeritus	
<b>The Rev. Philene Ware Dunn</b> , Interim Latino Supply Priest	<a href="mailto:pwardunn@cox.net">pwardunn@cox.net</a>
<b>Deb Angerman</b> , Bookkeeper (x13)	<a href="mailto:bookkeeper@saint-timothys.org">bookkeeper@saint-timothys.org</a>
<b>Julio Cuellar</b> , Latino Service Musician	<a href="mailto:juliocuellarmusic@yahoo.com">juliocuellarmusic@yahoo.com</a>
<b>Todd Grivetti</b> , Organist/Choirmaster (x16)	<a href="mailto:music@saint-timothys.org">music@saint-timothys.org</a>
<b>Allyson Showalter</b> , Preschool Director (x14)	<a href="mailto:sttimothyspreschool432@gmail.com">sttimothyspreschool432@gmail.com</a>
<b>Debbie Stolar</b> , Parish Administrator (x10)	<a href="mailto:office@saint-timothys.org">office@saint-timothys.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 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

*Largo*

*At the tolling of the bell, all stand.*

Elizabeth Stirling  
(British, 19<sup>th</sup> Cen.)

### Opening Hymn (686)

*Come, Thou Fount of Every Blessing*

Nettleton

### 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 167) – *Children may head downstairs after this reading.*

Celebrant: The Lord be with you.

People: **And with thy spirit.**

Celebrant: Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which giveth life to the world: Evermore give us this bread, that he may live in us, and we in him; 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 Numbers 21:4-9

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom: but the people became impatient on the way. The people spoke against God and against Moses, “Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food.” Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, “We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us.” So Moses prayed for the people. And the Lord said to Moses, “Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live.” So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

Reader: The Word of the Lord.

People: **Thanks be to God.**

### Psalm 107:1-3, 17-22

James Frazier

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



1 Give thanks to the Lord, for he is good, \*  
and his mercy endures for ever.

2 Let all those whom the Lord has redeemed proclaim \*  
that he redeemed them from the hand of the foe.

3 He gathered them out of the lands; \*  
from the east and from the west, from the north and from the south.

17 Some were fools and took to rebellious ways; \*  
they were afflicted because of their sins.

18 They abhorred all manner of food \*  
and drew near to death's door.

19 Then they cried to the Lord in their trouble, \*  
and he delivered them from their distress.

20 He sent forth his word and healed them \*  
and saved them from the grave.

21 Let them give thanks to the Lord for his mercy \*  
and the wonders he does for his children.

|| 22 Let them offer a sacrifice of thanksgiving \*  
and tell of his acts with shouts of joy.

### **A Reading from Ephesians 2:1-10**

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ-- by grace you have been saved-- and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God-- not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

Reader:           The Word of the Lord.

**People:           Thanks be to God.**

*Please stand.*

**Sequence Hymn (671)**

*Amazing Grace*

New Britain

*Please stand.*

**Holy Gospel: John 3:14-21**

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

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

Jesus said, "Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

Reader:           The Gospel of the Lord.

**People:           Praise be to thee, O Christ.**

*Please be seated.*

*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**

*God So Loved the World*

(John 3:16)

John Stainer

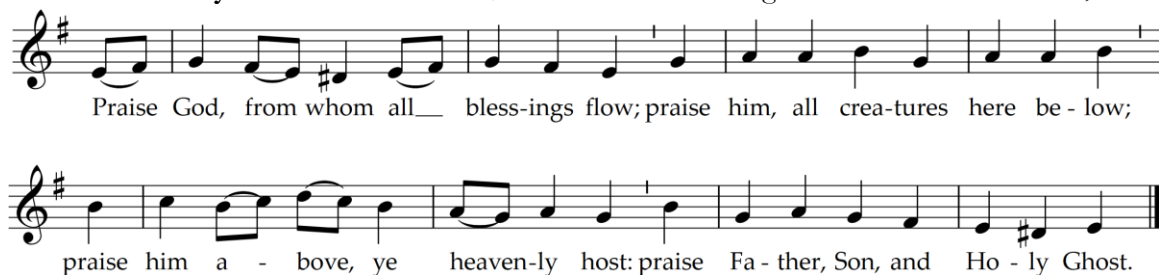
(1887)

*Please stand as you are able.*

## Presentation Hymn

*Praise God, From Whom All Blessings Flow*

Erhalt uns, Herr



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.

## 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  
(WLP 754)**

*When from Bondage We are Summoned*

Haywood's Home

*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: Look down in mercy, Lord, on your people who kneel before you; and grant that those whom you have nourished by your Word and Sacraments may bring forth fruit worthy of repentance; through Christ our Lord. **Amen.**

### Closing Hymn (473)

*Lift High the Cross*

Crucifer

*Please stand.*

### Dismissal (BCP 340)

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

People: **Thanks be to God.**

### Postlude

*Crucifer*

arr. John Leavitt

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## PRAYER LIST:

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

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

**Health:** Duncan Hutcheon (hip replacement), Kevin Loftus (intestine healing), Tina Pinkard (knee surgery), Cara (enlarged thyroid, Sandra Wright's granddaughter), Ron Knowles (kidney failure)

**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

## 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

## THIS WEEK at ST. TIMOTHY'S

### Sunday, March 10

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 I Holy Eucharist – Sanctuary/Livestream

11:30 AM VBS Planning Meeting – Conference Room

### Monday, March 11

12:15 PM Step into Recovery – AA

4:00 PM DanceWorx – Narthex

7:00 PM Hope For Today – Al Anon

7:30 PM Service Ministry Meeting - Narthex

8:30 PM Monday Night Milkshake Group – AA

### Tuesday, March 12

4:00 PM DanceWorx – Narthex

7:00 PM Boy Scout Troop 159 – Henry Hall

### Wednesday, March 13

12:00 PM Lenten Healing Eucharist – Sanctuary

4:00 PM DanceWorx – Narthex

7:30 PM Worship Committee Meeting – Zoom

7:30 PM Finance Committee Meeting – Zoom

7:30 PM SA Meeting

8:00 PM New Hopefuls AA

### Thursday, March 14

7:00 PM Choir Rehearsal – Music Room

7:00 PM Debtors Anonymous

### Friday, March 15

10:00 AM Friday Gratitude AA

### Saturday, March 16

9:00 AM Altar Guild Set-Up – Sanctuary

7:00 PM Rite I Santa Eucarista – Sanctuary

## NEW ON-LINE GIVING PLATFORM

St. Timothy's is switching from Clovergive to Vanco as our new on-line giving platform. This new platform offers reduced transaction fees, will greatly reduce the bookkeeper's time, and offers a better interface with our database system. It will also add some additional features not available on the old platform, such as the ability to add a note for flower donations and giving donors the opportunity to cover the transactions fees.

**March 31, 2024 will be the last day a donation to St. Timothy's can be made through Clovergive.**

**As of April 1, our website and scannable bar codes will be updated to reflect the change.**

**If you are a RECURRING GIVER through Clovergive, you will be receiving an email from Vanco soon to set up your account and payment on their platform.**

If you have any questions or concerns, please reach out to the church office.

## **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 fourth of a five-session series, that will run through March 17<sup>th</sup>.

## **LENTEN HEALING EUCHARISTS – 12 PM**

Please join us in the Sanctuary, March 13<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.

## **HYPOTHERMIA SHELTER DINNERS, March 16th**

St. Timothy’s has a long history of helping with meals for the shelter. We are scheduled **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 10 and 17**. For questions, please email [service@saint-timothys.org](mailto:service@saint-timothys.org).

## **FLOWER ARRANGING CLASS, March 17<sup>th</sup>**

The Altar Guild will be hosting a flower arranging class for St Patrick’s Day and an interest session on **Sunday March 17**. Anyone interested should meet in Henry Hall at 11:30 am. Please sign up by emailing [altarguild@saint-timothys.org](mailto:altarguild@saint-timothys.org) so we can ensure we have enough supplies.

## **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 Envelope located in the Narthex. **Mark your check, Easter Flowers.**

## **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. **Meeting today at 11:30 AM in the conference room**. To volunteer, register or for questions, please contact Charles at [priest@saint-timothys.org](mailto:priest@saint-timothys.org).