



# ST. TIMOTHY'S EPISCOPAL

EST. HERNDON, VA • 1868

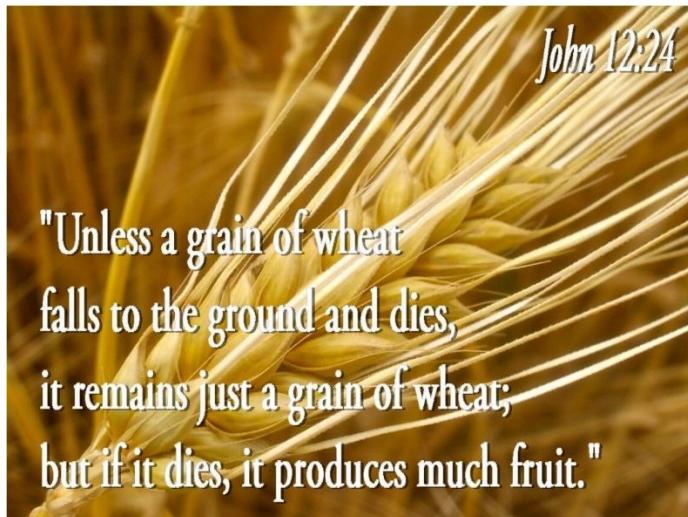
432 Van Buren Street  
Herndon, VA 20170  
p: 703-437-3790  
[www.saint-timothys.org](http://www.saint-timothys.org)

---

Sunday, March 17, 2024

*Fifth Sunday in Lent*

8:00 am



*summitdominicans.org*

Sunday, 8:00 a.m.  
Sunday, 10:00 a.m.  
Sábado, 7:00 p.m.

### Weekly Services:

Holy Eucharist Rite I, spoken  
Holy Eucharist Rite I with Choir (Godly Play for ages 3–9 in Rm. B-1)  
Santa Eucaristía Rito I, en español

### Saint Timothy's Mission Statement

SAINT TIMOTHY'S MISSION IS TO RESTORE ALL PEOPLE  
TO UNITY WITH GOD AND EACH OTHER IN CHRIST.

---

## **Information For Our First-Time Guests**

We invite you to fill out a Welcome Card in the pew rack in front of you or on the podium in the Narthex. Please place the completed card in the offertory plate or give it to an usher.

Children are welcome to stay with parents in the Sanctuary or they may head downstairs for Godly Play after the reading of the Collect. For your convenience, there are also rocking chairs located at the back of the sanctuary to soothe little ones and worship bags with quiet activities in the Narthex.

We invite you to share in Holy Communion. To receive, come forward and kneel/stand at an open space on the altar rail. Both bread (gluten free available on request) and wine (either sip from the chalice or allow the chalice-bearer to intinct) will be offered. If you don't wish to receive, we invite you to come forward for a blessing. Please indicate that by placing your arms across your chest.

## **Staff**

*Church office hours are 9:00 AM to 3:00 PM Monday through Friday.*

**The Rev. Charles R. Cowherd**, Rector (x12)

[priest@saint-timothys.org](mailto:priest@saint-timothys.org)

**The Rev. Brad Rundlett**, Rector Emeritus

**The Rev. Philene Ware Dunn**, Interim Latino Supply Priest

[pwaredunn@cox.net](mailto:pwaredunn@cox.net)

**Deb Angerman**, Bookkeeper (x13)

[bookkeeper@saint-timothys.org](mailto:bookkeeper@saint-timothys.org)

**Julio Cuellar**, Latino Service Musician

[juliocuellar@music@yahoo.com](mailto:juliocuellar@music@yahoo.com)

**Todd Grivetti**, Organist/Choirmaster (x16)

[music@saint-timothys.org](mailto:music@saint-timothys.org)

**Allyson Showalter**, Preschool Director (x14)

[sttimothyspreschool432@gmail.com](mailto:sttimothyspreschool432@gmail.com)

**Debbie Stolar**, Parish Administrator (x10)

[office@saint-timothys.org](mailto: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.**

## Kyrie (BCP 324)

Celebrant: Lord, have mercy upon us.

**People:** Christ, have mercy upon us.

Celebrant: Lord, have mercy upon us.

## The Collect for the Day (BCP 167)

Celebrant: The Lord be with you.

**People:** And with thy spirit.

Celebrant: O Almighty God, who alone canst order the unruly wills and affections of sinful men: Grant unto thy people that they may love the thing which thou commandest, and desire that which thou dost promise; that so, among the sundry and manifold changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ 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 Jeremiah 31:31-34

The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the LORD. But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, “Know the LORD,” for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

Reader: The Word of the Lord.

**People:** Thanks be to God.

## **Psalm 51:1-13 (Read responsively)**

- 1 Have mercy on me O God, according to your loving-kindness; \*  
**in your great compassion blot out my offenses.**
  - 2 Wash me through and through from my wickedness \*  
**and cleanse me from my sin.**
  - 3 For I know my transgressions, \*  
**and my sin is ever before me.**
  - 4 Against you only have I sinned \*  
**and done what is evil in your sight.**
  - 5 And so you are justified when you speak \*  
**and upright in your judgment.**
  - 6 Indeed, I have been wicked from my birth, \*  
**a sinner from my mother's womb.**
  - 7 For behold, you look for truth deep within me, \*  
**and will make me understand wisdom secretly.**
  - 8 Purge me from my sin, and I shall be pure; \*  
**wash me, and I shall be clean indeed.**
  - 9 Make me hear of joy and gladness, \*  
**that the body you have broken may rejoice.**
  - 10 Hide your face from my sins \*  
**and blot out all my iniquities.**
  - 11 Create in me a clean heart, O God, \*  
**and renew a right spirit within me.**
  - 12 Cast me not away from your presence \*  
**and take not your holy Spirit from me.**
- || 13 Give me the joy of your saving help again \*  
**and sustain me with your bountiful Spirit.**

## **A Reading from Hebrews 5:5-10**

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, “You are my Son, today I have begotten you”; as he says also in another place, “You are a priest forever, according to the order of Melchizedek.” In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest

according to the order of Melchizedek.

Reader:           The Word of the Lord.

**People:**       **Thanks be to God.**

*Please stand.*

### **Holy Gospel: John 12:20-33**

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

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

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus." Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, "The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor. "Now my soul is troubled. And what should I say—'Father, save me from this hour'? No, it is for this reason that I have come to this hour. Father, glorify your name." Then a voice came from heaven, "I have glorified it, and I will glorify it again." The crowd standing there heard it and said that it was thunder. Others said, "An angel has spoken to him." Jesus answered, "This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself." He said this to indicate the kind of death he was to die.

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, 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 hearafter**

**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**

## **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, 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: Look with compassion, O Lord, upon this your people; that, rightly observing this holy season, they may learn to know you more fully, and to serve you with a more perfect will; through Christ our Lord. **Amen.**

*Please stand,*

## **Dismissal (BCP 340)**

Celebrant: Let us go forth into the world, rejoicing in the power of the Spirit.

People: **Thanks be to God.**

## PRAYER LIST:

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

**Repose of the Soul:** Laura Murphy (mother of Shawn Sullivan), Thomas Dills (cousin of Kerrie Wilson)

**Health:** Duncan Hutcheon (hip replacement), Kevin Loftus (intestine healing), Tina Pinkard (knee surgery), Cara (enlarged thyroid, Sandy Wright's granddaughter), Ron Knowles (kidney failure), Trum Tran (Ron Boggio's mother-in-law)

**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 Miamee (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, March 17

- 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 Flower Arranging Class – Henry Hall (Altar Guild)

### Monday, March 18

- 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, March 19

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

### Wednesday, March 20

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

### Thursday, March 21

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

### Friday, March 22

- 10:00 AM Friday Gratitude AA

### Saturday, March 23

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

## 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 last of a five-session series.

## LENTEN HEALING EUCHARISTS

Please join us in the Sanctuary, March 20th – March 27<sup>th</sup> for the Wednesday Healing Eucharists. Come and celebrate this liturgical season with a service of meditation and prayer.

## **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.

## **HYPOTHERMIA SHELTER DINNERS – Wrapped up for another year!**

Thank you to the volunteers who've made it possible for St. Timothy's to provide two hearty meals to our homeless neighbors (tomorrow we will serve the last one) at the Cornerstones' Hypothermia Shelter: Maria LaWalt, Steve and Leeanne Roque, Julie Gray-Roller, Carolyn and Andrew Hamm, and Karen and Gerritt Peck. The need is greater than ever, so a huge thank you to these folks for putting their faith to work! Missed out? Email [service@saint-timothys.org](mailto:service@saint-timothys.org) for another other opportunities to serve.

## **FLOWER ARRANGING CLASS – Today!**

The Altar Guild will be hosting a flower arranging class for St Patrick's Day and an interest session today. Anyone interested should meet in Henry Hall at 11:30 am.

## **EASTER EGG STUFFING PARTY – March 24<sup>th</sup> at 11 AM**

Please join us on March 24<sup>th</sup> in Henry Hall to stuff the plastic eggs with candies for the upcoming Easter Egg Hunt on March 31<sup>st</sup>. We are looking for donations of bags of candy for this event. You may bring them with you that day or drop them off at the church during office hours or Sunday morning.

## **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.**